COLS - College Studies

COLS 100  Effective Academic Practices: 3 Credits (3 Lec)
The course is designed to help students maximize their potential in all
courses, specifically to: define one’s purpose in pursuing a college education;
utilize components that students need to be successful learners—motivation,
methods of learning, time management, physical and social environment,
and performance; develop practical study techniques that can be applied
to daily college course work; set short- and long-term academic and career
goals; and become acquainted with professors, MSU resources, and how to
seek academic assistance. Offered by Gallatin College.

COLS 101US  First Year Seminar: 3 Credits (3 Other)
PREREQUISITE: For Gallatin College students only. This multi-
disciplinary course, presented in seminar format, draws from the disciplines
of psychology, sociology, history, and philosophy, and encourages students
to explore issues critical to their academic goals and objectives. The
course emphasizes verbal communication, critical thinking, intellectual
development, and academic choices. Fulfills university seminar requirement
of the core curriculum. This course may not be repeated. Offered by
Gallatin College

COLS 103  College Learning Strategies: 1 Credits (1 Lec)
This survey course introduces to the effective use of college resources and
methods of increasing success in other courses. It acquaints students with
study skills and prepares them to integrate traditional study skills with
college content areas. Student will develop learning and study strategies
to become efficient students. Also, students will become familiar with
professors, academic advisors, and college resources.

COLS 104  Mindfulness and Wellness: 2 Credits (2 Lec)
In this course, students will actively explore various mindfulness practices
and their implementation in daily life. Independent and in-class practice,
discussion, and reflection will constitute the primary method through which
this will occur.

COLS 191  Special Topics: 1-3 Credits (1-3 Lec)
This survey course introduces students to the effective use of college
resources and methods of increasing success in other courses. It acquaints
students with study skills and prepares them to integrate traditional study
skills with college content areas. Students will develop learning and study
strategies to become efficient students. Also, students will become familiar with
professors, academic advisors, and college resources.
Repeatable up to 12 credits.

COLS 260RS  Studying Human Behavior: 3 Credits (3 Lec)
PREREQUISITE: WRIT 101W. The purpose of this course is to learn
methods and principles used to study human behavior, how to ask
meaningful questions that address a topic of study, find out what is already
known about the possible answers to those questions, learn the process of
collecting and analyzing data, and to generate new knowledge about how or
why we behave in the ways we do

COLS 291  Special Topics: 1-4 Credits (1-4 Lec, 1-4 Other)
COLS 292  Independent Study: 1-3 Credits (3 Other)
PREREQUISITE: Consent of Instructor
Repeatable up to 6 credits.