

# 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

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Repeatable up to 6 credits.