

LEARNING SKILLS

Beth McKinnon, Director, Accessibility Support Center
Program Office, Room LRC1073
Aptos Counseling: (831) 479-6379 for appointment
<http://www.cabrillo.edu/programs>

Learning Skills courses are designed to support students with disabilities in regular programs of study offered by the college. All students may register, but curriculum is aimed at helping students with various disabilities succeed in mainstream classes.

Learning Skills Courses

LS 200 Math Study Skills

1.5 units; 1.5 hours Lecture

Co-requisite: Concurrent enrollment in a math class is recommended.

Repeatability: May be taken a total of 1 time.

Study skills and strategies designed to help students overcome difficulties in learning math. Especially helpful for those enrolled in Math 254 or Math 154. May be taken Pass/No Pass only.

Transfer Credit: Non-transferable.

LS 200L Reduce Test Anxiety Lab

1 unit; 2 hours Laboratory

Repeatability: May be taken a total of 1 time.

Lab designed to improve test performance and reduce test anxiety using HeartMath software that increases student's awareness of body/mind coherence for best performance. Techniques learned and practiced will improve student's ability to learn and perform.

Transfer Credit: Non-transferable.

LS 254 Diagnostic Assessment

0.5 unit; 1 hour Laboratory

Repeatability: May be taken a total of 1 time.

Provides individual diagnostic assessment and reassessment to determine eligibility for learning disabilities services. Testing includes academic (reading- writing-math), perceptual, and aptitude areas. Test results are evaluated and the LD Specialist recommends appropriate classes, strategies, and services.

Transfer Credit: Non-transferable.

LS 264 Study Skills

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Recommended for students with learning disabilities, but open to all students who need study skills improvement and learning strategies. Topics include traditional study skills with an emphasis upon organization, test-taking, problem solving, stress reduction, goal setting, and memory strategies.

Transfer Credit: Non-transferable.

LS 281 Strategies for Students with Learning Disabilities & Attention Deficit Disorder

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Recommended for all students interested in learning disabilities and/or attention deficit disorder. Students will acquire knowledge of learning disabilities and attention deficit disorder. Focus is on the importance of students understanding their individual strengths and weaknesses. Also emphasizes successful compensatory strategies, accommodations, communication with others about learning disabilities and attention deficit disorder, stress, organization, and time management skills.

Transfer Credit: Non-transferable.