

Course Name	University Life Skills							
Course Information	Course Code	Course No.	Course Level	Credit Hours	Weekly contact hours	Prerequisite(s)		
	2410-305	305	Preparatory Year	1	2	—		
Course Track	<input type="checkbox"/> University Requirement <input checked="" type="checkbox"/> College Requirement <input type="checkbox"/> Specialized Core <input type="checkbox"/> Electives							
Course Description:								
The course provides students with the necessary skills during their stay at the university to reach high levels of university adaptation, the ability to study and to cope with the requirements of the university and community life.								
Course Outcomes:								
<ul style="list-style-type: none"> Identify the concepts of collegiate life including studying, decision-making, preparing for exams, and solving problems to help him/her adapt to university. Implement right strategies of studying, doing research and managing time. Follow scientific steps to solve problems and make decisions. Build good report with his/her instructors and colleagues. Recognize psychological problems and the solutions to control them. Appreciate the value of teamwork. 								
Assessment Policy	Assignment	---%	Quiz	--%	Lab	---	Project	20 %
	Midterm	30 %	Final	40 %	Others	10 %		
Textbook	This course consists of a number of training courses presented to students in the form of PowerPoint Presentations, and these presentations are uploaded on the students' university websites.							
References	<ol style="list-style-type: none"> مهارات الحياة الجامعية: الاتصال-التعلم-التفكير-البحث: ذوقان عبيدات وسهيله أبو السميد الطبعة: الأولى هـ عمان: دار الفكر. 1433 الإمارات-دار الكتاب الجامعي. 2015مهارات الحياة الجامعية: محمد جهاد جمل الطبعة الأولى التكيف الاجتماعي والتحصيل الدراسي: دراسة ميدانية في البيئة الجامعية مصلح احمد الصالح الرياض: دار الفصيل . 1996الثقافية الطبعة الأولى: 2001المهارات الدراسية: محمد علي الخولي عمان: مكتبة دار الفلاح للنشر والتوزيع. الطبعة: الأولى استراتيجيات أداء الاختبارات: فرانكلين بيترسون جودي تيركل ترجمة: د. خالد بن عبد العزيز الدامغ جامعة الملك سعود 1432هـ 							

