

PERSONAL GROWTH  
**VETERANS**  
PERSONAL GROWTH

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R E S O U R C E S

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B E N E F I T S

SAN DIEGO MESA COLLEGE

# Personal Growth 120

## College Success

(Fall 2011, CRN 88873)

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This course teaches success strategies to enhance academic and lifelong learning skills. Students explore topics such as motivation and attitudes, values, goal setting, decision-making processes, critical and creative thinking, personal health topics, interpersonal communication, developmental psychology, and learning and personality theories, as well as other techniques for maximizing their abilities to succeed as lifelong learners. Students apply these topics as they relate to their self-development as integrated physiological and psychological entities and acquire strategies to effectively deal with issues in their personal lives and educational and career plans.

**CRN 88873, offered Fall 2011, is especially designed for student veterans.** Open to all students.

**Class meets:**

**Mon-Wed., 8:00 - 9:25 am in MV 32 (Modular Village)**

**Aug. 22-Dec. 17, 2011**

Some of the topics covered:

- Veteran resources in your community and on the Mesa College campus
- Combat stress injuries (PTSD, mild TBI)
- Readjustment issues from military to civilian life
- How to make the most of your GI Bill
- Goal setting/ career exploration
- Learning styles
- Basic college success strategies
- Transfers to California State and University of California schools. Fulfills Area "E" requirement for CSU GE pattern.

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### NEED MORE INFORMATION or AN APPLICATION?

Contact Professor Leroy Johnson, 619-388-2834, [lejohnso@sdccd.edu](mailto:lejohnso@sdccd.edu)  
[www.sdmesa.edu/counseling/personalgrowth.cfm](http://www.sdmesa.edu/counseling/personalgrowth.cfm)

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