

COLLEGE LEARNING STRATEGIES (CLS)

CLS 100 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester. Repeatable

CLS 101 DeStress for Success (1 Credit)

School of Education

Explore stress management and positive mental health, including the foundations of brain science implicated in stress management and stress reduction. Topics include metacognition, growth mindset, mindfulness, positive emotions, mindful communication, conflict resolution, utilizing strengths, goal-setting.

CLS 105 College Learning Strategies (3 Credits)

School of Education

Study and application of learning strategies in the context of lectures, reading, recitations and independent learning situations.

Shared Competencies: Critical and Creative Thinking (<https://coursecatalog.syracuse.edu/shared-competencies/critical-and-creative-thinking/>)

CLS 190 Independent Study (1-6 Credits)

School of Education

Repeatable

CLS 200 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester. Repeatable

CLS 290 Independent Study (1-6 Credits)

School of Education

Exploration of a problem, or problems, in depth. Individual independent study upon a plan submitted by the student. Admission by consent of supervising instructor(s) and the department. Repeatable

CLS 500 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester. Repeatable