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