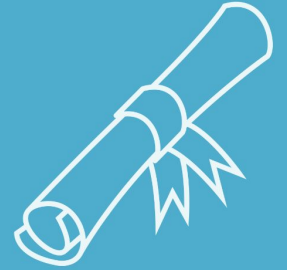




Title V Changes & Local Graduation Requirement Considerations



Student Success and Wellness Recommendation

*Information Item, Academic Senate,
18 September 2024*



Area E - Lifelong Learning and Self-Development

AREA E: LIFELONG LEARNING AND SELF-DEVELOPMENT (3 units)

**BAD 52 CHLD 10+[F05], 90.1 COMM 5, 6 COUN 6, 10[F08], 20+, 53, 90[F06] FDNT 10 HLE 5
KINES 53 NRM 12+[F03] PSYCH 3+, 7+, 8+, 34, 35, 40, 52, 56, 57+ SOC 10+
+ CHLD 10; COUN 20; NRM 12; PSYCH 3, 7, 8, 57; SOC 10 - units may count in only one area.**

Do not want to use the term “Lifelong Learning” to avoid confusion with the new Lifelong Learning Program at SRJC, formerly the Older Adults Program, offering free, non-credit courses specifically for active adults.

<https://lifelong.santarosa.edu/>

Proposing: **Student Success and Wellness (3 units)**

Examples at other CCCs: [CCC Local Degree Supporting Documents for Area E](#)

Library and Information Resources (including LIR 10), in addition to the current disciplines/courses in Area E above, would be an option in this new area.

ASCCC Resolutions Supporting Area E

[Addressing the Health and Well-being Crisis Among California's Community College Students | ASCCC](#)

(Fall 2023, 17.04)

Resolved, That the Academic Senate for California Community Colleges acknowledge and work to address the current crisis in the physical health and mental well-being of California community college students; and Resolved, That the Academic Senate for California Community Colleges encourage local academic senates to initiate, reinstate, or maintain kinesiology, physical education and health education courses in local general education requirements for associate degrees to ensure that California community college students have the benefit of education in critical areas that affect their academic success, health, and well-being.

[Include Lifelong Learning and Self-Development as a Graduation and General Education Requirement | ASCCC](#)

(Spring 2023 15.02)

Resolved, That the Academic Senate of the California Community Colleges encourage California community colleges to include lifelong learning self-development courses in local general education requirements for associate degrees to ensure that California community college students have the benefit of education in critical areas that affect their academic success, health, and well-being.

ASCCC Resolutions Supporting Area E, con't

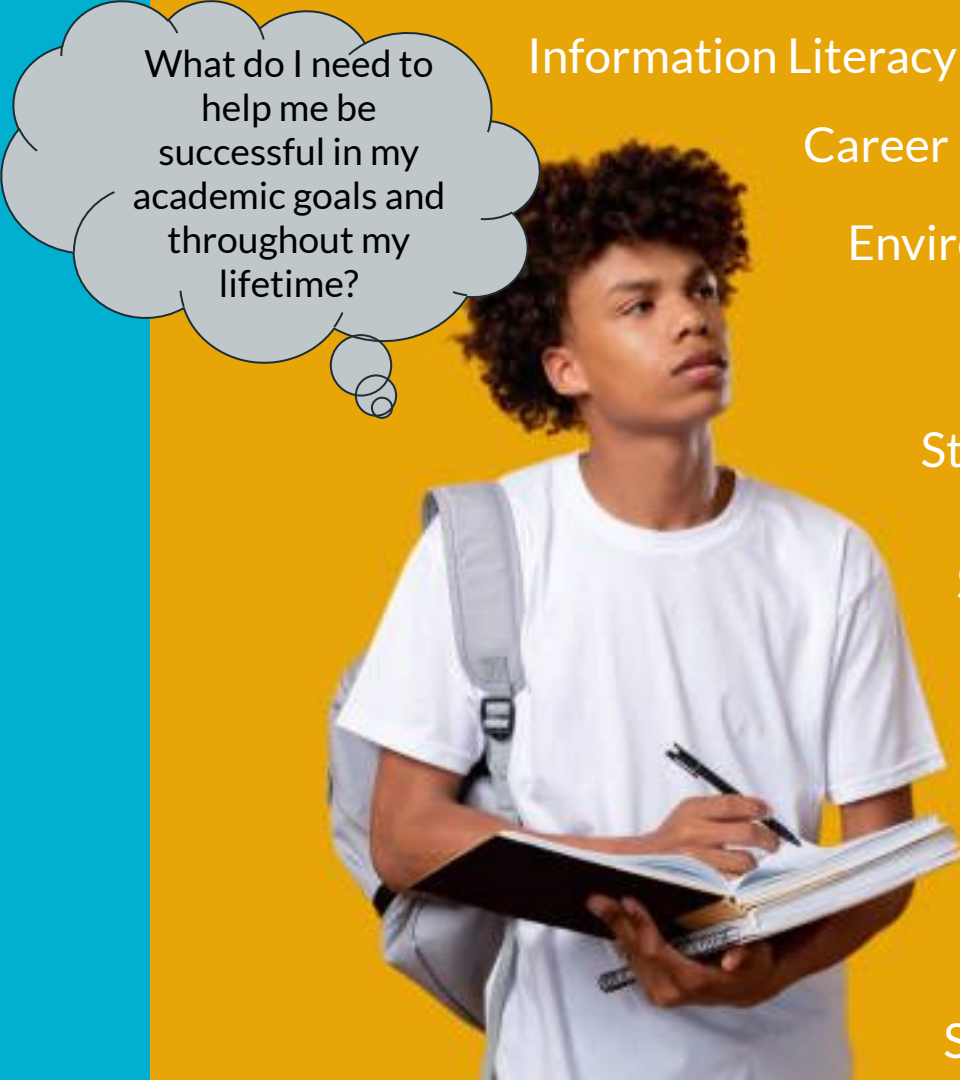
[Reaffirming the Mission and Vision of the California Community Colleges | ASCCC](#)

(Fall 2022 07.14)

Resolved, That the Academic Senate for the California Community Colleges work with the California Community Colleges Chancellor's Office and the California Community Colleges Board of Governors to reaffirm its mission and values, vowing to put students first;

Resolved, That the Academic Senate for the California Community Colleges work with the California Community Colleges Chancellor's Office and California Community Colleges Board of Governors to ensure that California community colleges provide access to students, particularly as it relates to Lifelong Learning and Self-Development and Language Other Than English; and

Resolved, That the Academic Senate for the California Community Colleges call upon the California Community Colleges Chancellor's Office and the Intersegmental Committee of the Academic Senates to recognize the benefits of the community colleges, including their relative affordability, and work to preserve open access to students at the California community colleges.



What do I need to help me be successful in my academic goals and throughout my lifetime?

Information Literacy

Psychological Health

Career Exploration

Environmental Wellness and Sustainability

Fitness and Wellness

Student Success - FYE Community

Human Behavior

Self-development

Stress Management

Communication Skills

Nutrition

Research Skills

Relationship Skills

Strategies for College Success

Student Success and Wellness (3 units)

Sample Criteria from Area E:

- Courses that meet the learning objectives of Area E draw on findings from the biological, behavioral, and social sciences to study humans from psychological, sociological, and physiological perspectives.
- This requirement is designed to equip learners for lifelong understanding and development of themselves as integrated physiological, social, and psychological beings. Physical activity may be included, if it is an integral part of the study elements described herein.
- Content may include topics such as student success strategies, human behavior, sexuality, nutrition, physical and mental health, stress management, information literacy, social relationships and relationships with the environment, as well as implications of death and dying or avenues for lifelong learning. Courses in this area shall focus on the development of skills, abilities and dispositions.

We can expand on this to write our own criteria to be more inclusive in this area, but this serves as a good foundation and example.