

FIRE 103 : FIRE AND EMS COLLEGE SUCCESS

Transcript title

Fire EMS College Success

Credits

1

Grading mode

Standard letter grades

Total contact hours

10

Lecture hours

10

Course Description

Provides broad overview of college and life success strategies related to the fire, emergency medical services, and academic fields.

Course learning outcomes

1. Apply effective study behaviors and strategies that lead to academic success.
2. Recognize the process of exploring personal qualities and behaviors and the relationship to the fire and emergency medical services occupations.
3. Explain the importance of working effectively with people of diverse backgrounds.
4. Develop strategies for maintaining balance, managing stress, improving personal health and wellness, and the impact they have on college success and fire and emergency medical services as a career.

Content outline

1. Course overview
2. Fire and emergency medical services (EMS) as a career
3. College culture and expectations in fire and EMS programs
4. Roles of fire and EMS personnel
5. Knowing yourself as a learner
6. Goal setting
7. Planning your academic pathways
8. Motivation
9. Managing your time and priorities
10. Reading, note taking, studying, memory and test taking
11. Thinking and communicating
12. Employing interdependence
13. Understanding civility and cultural competence
14. Gaining self-awareness
15. Developing emotional intelligence
16. Emotional intelligence as it pertains to a career in fire and EMS
17. Health and wellness
18. Health and wellness as it pertains to a career in fire and EMS

19. Finance and budgeting

20. Final assignment and college success survey

Required materials

Textbook is required.