

# Student Success Center (SSC)

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## **SSC 1020: University Freshmen Seminar**

(same as INTDSC 1020). To maximize student's potential to achieve academic success and to adjust responsibly to the individual and interpersonal challenges presented by collegiate life. Attainment of an appropriate balance between personal freedom and social responsibility underlies all seminar activities.

**Credit Hour:** 1

**Prerequisites:** Restricted to first time college student. No credit for students who have earned credit for AFNR 1115, INTDSC 1001, IS\_LT 1110, ED\_LPA 3100 or an equivalent first-year orientation course at another institution. Credit restrictions that apply to orientation classes apply to this course. Students are not allowed to be enrolled in SSC 1020 and SSC 1150 in the same semester

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## **SSC 1150: College Success Seminar**

This course is designed to create a positive new student experience by connecting students with the Mizzou campus community and the academic resources essential to their success. Students' strengths will be assessed and used to assist each student in the development and implementation of an individualized and strategic approach to successfully navigating their way through collegiate life. Individual course sections may be restricted to specific majors or groups.

**Credit Hours:** 2

**Prerequisites:** Freshmen or sophomore standing required

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## **SSC 1151: Academic Success Seminar**

Academic recovery strategies will be explored and implemented throughout the course. Students will learn to assess their academic situations, develop a plan of action, apply new strategies for success, and activate their success plan throughout all aspects of their collegiate career. Campus academic resources will be identified to meet students' specific needs. Each student will create an individual plan of action in order to recover academically and stay on the path toward success and graduation. Individual course sections may be restricted to specific majors or groups.

**Credit Hours:** 2

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## **SSC 1155: The Success Experiment: Theory and Application of Positive Behavior Change**

This course includes instruction on mindfulness practices through education, experiential learning, skill building and reflection. Students will also learn mindfulness skills to help manage stress through research supported practices. Communication, critical thinking, time management, and goal setting will be presented with mindfulness woven through each topic. Graded on an A-F basis only.

**Credit Hours:** 2

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## **SSC 1500: Disney Internship**

Internship: Experiential learning as a "cast member" of the Walt Disney World College Program. Students work for a semester at the Walt Disney

World resort and have the option of taking Disney Classes. Graded on S/U basis only.

**Credit Hours:** 0

**Prerequisites:** instructor's consent; departmental signature

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## **SSC 2100: Career Explorations**

Contribution of career development theory to choice of career and/or major. Exploration of personal and social determinants of career choice. Class consists of lecture, laboratory experiences, and use of facilities at the Career Planning and Placement Center.

**Credit Hour:** 1-3

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## **SSC 3100: Advanced Disney Internship**

Advanced Internship: Experiential learning opportunity with the Walt Disney World College Program. Students work for a semester at the Walt Disney World resort and have the option of taking Disney classes. This is a second internship that is more field-specific and carries with it more responsibilities. Graded on S/U basis only.

**Credit Hours:** 0

**Prerequisites:** instructor's consent, departmental signature

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