

# INTERDISCIPLINARY (IDST)

## **IDST 095 Taking the GRE/GMAT Credits: 3**

This course prepares students to succeed on the standardized examinations for graduate school and MBA programs (GRE and GMAT). Students will practice test-taking skills specifically geared for getting better scores on the GRE and GMAT, as well as review the basic math, English, and writing abilities that are necessary for the exams. Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002156/>)

## **IDST 099 Academic Success Credits: 0**

This course is designed to provide resources, academic strategies, and opportunities for self-assessment and exploration of at-risk student groups. This course is designed in an online format with required face-to-face meetings to provide ongoing support. Topics addressed in the course include academics, career pathways, self-awareness, course expectations, academic advising, academic success strategies, and planning for success.

**Fall:** Department Discretion **Spring:** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00171131/>)

## **IDST 110 The University Experience Credits: 2**

The University Experience is a first semester course designed to welcome and support students as they integrate into the learning community of Southwest Minnesota State University. Through this course, students will develop self-regulated learning, e.g. strengthening their skills for academic success by learning and practicing study and time management strategies; setting personal goals; and learning how to be proactive participants in academic advising. Students will also learn the value of a growth mindset, building confidence and a sense of self-efficacy both in and out of the classroom, and will recognize their contributions to the life and culture of Southwest Minnesota State University. Other topics contributing to student success may be added at the instructors discretion.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002032/>)

## **IDST 111 The University Student-Athlete Credits: 1**

The University Student-Athlete is a first semester course designed to welcome and support student athletes as they integrate into the learning community of Southwest Minnesota State University. Through this course, students will learn the expectations associated with being a student athlete at SMSU, such as leadership and communication skills, positive interpersonal relations, community engagement, and NCAA eligibility.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00208159/>)

## **IDST 112 International Cultural and Academic Transitions Credits: 2**

International Cultural and Academic Transitions is a first semester course designed to welcome and support international students as they transition to making their home in the United States and at Southwest Minnesota State University. Topics will include academic success, effective communication with faculty and students, American culture, and positive social interaction.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00217312/>)

## **IDST 115 Job Search Strategies: From Backpack to Briefcase Credits: 1**

This course is to enlighten students about how to succeed in their transition from college to work. Topics like Employer Expectations address the importance of teamwork and communication in the corporate world and College vs. Workplace explains the responsibility shift that occurs when becoming an employee. Other topic include: finances and budgeting, professional conduct, first year on the job, business ethics and importance of networking. Making the transition from college to the workplace is an often overlooked phase of building a career. Managing the transition successfully during the first year on the job is very critical to your long-term success within the organization and affects how you will be perceived and how people will react to you. Students will develop quality job search tools; identify skills and knowledge and showcase them on a resume and electronic portfolio. They will learn the necessary attitudes, work traits and strategies to help them navigate through the first year on the job successfully.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00161935/>)

## **IDST 120 Assertiveness Credits: 1**

This course is designed to help students learn how to communicate with others in a way that respects the rights of all involved. Students will learn how to identify passive, aggressive, and assertive communication & behavior in themselves and others. Opportunities to practice assertiveness will be integrated into the course.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002076/>)

## **IDST 125 Mental Health Awareness Credits: 1**

This course provides information about a variety of mental health concerns, strategies for communicating with individuals of concern, and information about mental health-related resources. Course information will be relevant to students concerned about their peers and to students pursuing education, social service, and health related careers.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002682/>)

## **IDST 164 Essentials of Computer Science Credits: 4**

An introduction to the essential concepts of computer science through mobile device app development. Through learning to develop entertaining and socially relevant apps, students will explore the fundamental concepts of computing, including: abstraction, algorithmic problem solving, programming, interface design, database, hardware, networking, and security. Cross listed as COMP 164.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00192459/>)

## **IDST 186 Special Topics Credits: 0-4**

A course designed to meet any special needs of students and faculty. Emphasis on study of an area not commonly covered in other general courses.

**Fall:** Department Discretion **Spring:** Department Discretion **Summer** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002108/>)

**IDST 270 Tutor Training Credits: 1**

Course content will include learning how to structure a successful tutoring experience, models of tutoring programs, ethics and philosophy of the SMSU tutor program, active learning strategies, using online technology in tutoring, and study techniques for learning disciplinary content. Course requirement will include 25 hours of actual tutoring. Completion of this course will qualify student for CRLA Regular/Level 1 certification, and is repeatable to qualify for Advanced/Level 2, and Master/Level 3 certification.

**Fall:** Department Discretion **Spring:** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcId/0075/curricId/00002126/>)