

Earn 3 units College Credit
Meets CSU General Education Credit
UC and many Private College Elective Credit

PDC 124

**Student Success Strategies to
Survive Your First Year
in College:**

- Deciding on a Major & Career
- Motivation & Purpose
- Time & Money Management
- Test Taking & Note Taking
- Memory & Reading
- Critical Thinking, Writing & Communicating
- Appreciating Diversity & Health

Cuyamaca College
 900 Rancho San Diego Parkway
 El Cajon, CA 92019-4369
 www.cuyamaca.edu
 GCCCD Governing Board Members:
 Rick Alexander, Greg Barr, Timothy L. Caruthers, D.C., Bill
 Garrett, Deanna Weeks
 Student Members: Dan Lewis, Charles Taylor III
 Chancellor: Omero Suarez, Ph.D.
 Cuyamaca College Interim President: Cristina Chiriboga, Ed.D.

PDC 124 Lifelong Success
 Meets CSU General Education credit, Area E,
 Lifelong Understanding, and transfers to the UC
 and many private/independent universities! Earn
 3 units of college credit while still in high school!
 Gain college and career skills you need to know
 your freshman year in college!

Questions?
 Cindy Morrin, MA, PPS
 Personal Development Counseling
 Cuyamaca College
 cindy.morrin@gcccd.edu
 619-660-4438
 www.cuyamaca.edu/pdc



Personal Development -
 Counseling 124

**College and Career
 Success
 For High School Students!**

Find the best-fit college for you!



Transfers to CSU, UC, and many private
 colleges. Meets CSU General Education!

Earn College Credit!
 How do I plan for College?
 Undecided about a Major or Career?



LIFELONG SUCCESS!

Especially for High School!



PDC 124

NEW for High School



Take PDC 124 ONLINE, Blended, or Face-to-Face:

- Get a head start on college! Earn college credit today by taking a general education elective course, PDC 124, Lifelong Success!
- 11th and 12th grade students are eligible and ENROLLMENT FEES ARE WAIVED.
- This class is designed for high school students interested in and/or planning on attending college. Students will be oriented to college life, how to plan/prepare, study, and get ready to go.
- Students will earn transferable college credit to UC, CSU and many independent universities by taking this course. Students earn General Education credit for the CSU system, Area E, Lifelong Understanding.
- Students can also receive both high school and college credit if needed.
- Special forms are needed to take this course. Log onto the website for enrollment information. Talk with your high school and/or college counselor or contact Cindy Morrin for details.
- Enroll online or call our high school outreach for a HS enrollment packet at 619-660-4422.

College Study Skills

Learn how to be successful in college by improving memory, textbook reading, note-taking, test-taking, listening to lectures, managing time, financing your education, and studying for tests. Learn college terms that you will need to know when you get to your campus choice and explore opportunities such as scholarships, financial aid, special college programs and clubs. Learn from experienced instructors who are college counselors and understand how to work with high school students transitioning to college.

Career and Major Search

In addition to college study skills, you will explore your personality, the world of work, and acquire MAJOR and CAREER search skills you will need in college. You will learn how to effectively access career information and how to develop an understanding of your interests, skills, values, personality and learning style. Students will be able to choose majors and careers that interest them.



Lifelong Success and Wellness

You will develop communication, writing, and critical thinking skills necessary for college. This class will help mentally prepare you for the journey you will be taking when beginning college.

What do the Students Say?

"The personality profile was my favorite part of the class. The results are extensive including strengths, blind spots, what is needed to have a satisfying career and potential majors and careers to consider."

"All I can say is that I wished that I had taken this class before I started college. I think it should be mandatory. I have learned so many things: my strengths, where I can improve myself, my personality, my path in life, my health and many useful study tools."

"I always knew what my major was going to be, but this class gave me a better understanding as to what kind of person I am, as well as what type of learner I am."

"Our instructor showed us how to apply for scholarships and write essays. I actually applied for a scholarship and received free money to go to college."

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