

COUNSELING (COUN)

101 INTRODUCTION TO COLLEGE .5 UNIT

.5 hour lecture

An introductory course designed to assist students with a successful transition to college. An overview of student responsibilities, college expectations, and success strategies will be discussed. Students will learn about the college, its facilities, services, academic regulations, and degree and transfer programs. Students will receive guidance in education planning. **Pass/No Pass only. Non-degree applicable.**

110 CAREER DECISION MAKING 1 UNIT

1 hour lecture

Utilization of a group seminar structure to explore and research various career and major options. Lecture, group discussion, experiential activities, and vocational assessment tools will be utilized to assist students in identifying their individual interests, values, and personality styles. Students will conduct educational and career research to relate their vocational assessment results to setting academic and career goals.

CSU

120 COLLEGE AND CAREER SUCCESS 3 UNITS

3 hours lecture

This course teaches success strategies to enhance academic and lifelong learning. Explore personality, interests and values to increase self-understanding and select an appropriate major and career. Learn about careers of the future. Identify your learning style and apply psychological principles of learning and memory to academic study strategies. Apply life management techniques such as time and money management to accomplish personal goals. Examine adult stages of development and develop a plan for wellness and living a long and healthy life. Learn strategies for motivation and stress management. Practice creative and critical thinking techniques.

CSU, CSU GE, UC

130 STUDY SKILLS AND TIME MANAGEMENT 1 UNIT

1 hour lecture

Designed to prepare students to adjust to the academic community by learning to plan and study effectively within given time limitations. Strategies include: time management, goal setting, textbook mastery, library research skills, note-taking, exam preparation, stress reduction, and educational planning.

CSU

140 SELF AWARENESS AND INTERPERSONAL RELATIONSHIPS 3 UNITS

3 hours lecture

This course analyzes the cognitive, behavioral, humanistic, and existential theories as they relate to the awareness of the self and the dynamics of healthy relationships. Using many of the skills suggested by the above theories, students will define and utilize personal achievement techniques, basic principles of healthy functioning, and effective coping strategies that facilitate the process of intra and interpersonal change and relationships. Utilizing the major theories in the field of psychology and psychotherapy, the development of a healthy and strong identity and an empowered sense of self will be explored.

CSU, CSU GE

150 TRANSFER SUCCESS

1 UNIT

1 hour lecture

This course provides the information needed for a student to transfer to a baccalaureate institution, including strategies to achieve academic success and research skills essential to developing a comprehensive educational plan. Topics include the community college transfer process, selection of major, student support services, comparing and contrasting a variety of universities, and clarification of one's educational goal.

CSU

199 SPECIAL STUDIES OR PROJECTS

(see page 40, Academic Policies and Procedures)