

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**COUNSELING 110 – CAREER DECISION MAKING**

1 hours lecture, 1 unit

**Catalog Description**

Lecture, group discussion, experiential activities and career assessment tools will be utilized to assist students in identifying their individual interests, values, and personality styles. Students will conduct educational and career research that will help them relate their career assessment results to setting academic and career goals. Students will also learn essential skills for obtaining employment such as resume building and job interviewing techniques.

**Prerequisite**

None

**Course Content**

The purpose of this course is to guide students through the career exploration and developmental process. The course content includes:

- 1) Interests, values, and personality assessments.
- 2) Fundamentals of occupational research.
- 3) Online and offline career research tools and resources.
- 4) Career decision-making methods.
- 5) Goal-setting strategies.

**Course Objectives**

Students will be able to:

- 1) Identify their interests, values, and personality preferences in relation to choosing academic and career pathways.
- 2) Examine potential career options.
- 3) Execute decision-making methods to aid in selecting an academic and career pathway.
- 4) Distinguish career and academic goals.
- 5) Recognize the skills and strategies to obtain employment.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which may be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Self and standardized assessments that measure students' personality, interests, values and learning styles to help determine career choice.
- 2) Writing assignments or journals that require students to describe personality, interests, values, learning styles, multiple intelligences, learning styles and lifetime goals.

**Special Materials Required of Student**

Access to Internet

**Minimum Instructional Facilities**

- 1) Smart classroom
- 2) Computer lab

**Method of Instruction**

- 1) Lecture, group discussion and activities
- 2) Written exercises
- 3) Career assessment instruments

**Out-of-Class Assignments**

- 1) Reading assignments
- 2) Writing assignment(s) that summarize(s) career choice(s)

**Texts and References**

- 1) Required (representative examples):
  - a. Cuseo, Joe. *Thriving in the Community College and Beyond: Strategies for Student Success and Academic Development*. 4th edition. Kendall Hunt, 2020.
  - b. Fralick, Marsha. *Career Success*. 3rd edition. Kendall Hunt Publishing, 2021.
  - c. Vocational/career and personality assessments
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Apply individual assessment results to the career decision making process.
- 2) Investigate a career through the career research process.