

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

**COUNSELING 120 – COLLEGE AND CAREER SUCCESS**

3 hours lecture, 3 units

**Catalog Description**

This course teaches academic and career success strategies to enhance lifelong learning and well-being. Students will explore and discover values, interests, and personal strengths to make meaningful choices about their educational, career, and personal goals. Students will learn how to be successful in college by improving study skills and exploring motivation. Success topics include managing stress, developing creativity, improving communications and relationships, and maintaining wellness in a diverse society. *COUN 120 and COUN 150 combined; maximum UC credit, one course.*

**Prerequisite**

None

**Course Content**

- 1) Personal Growth and Life Management
  - a. Self-Assessments
  - b. Life Management: Goal setting, decision making, time/money management, behavior modification
  - c. Motivation: Intrinsic and extrinsic
  - d. Interpersonal Communication: Speaking, listening, conflict resolution
  - e. Diversity: Social diversity, prejudice and discrimination
- 2) Career Assessment, Educational Planning, and Research
- 3) Study Skills
- 4) Lifelong Learning and Physiological Well-being
- 5) Critical and Creative Thinking

**Course Objectives**

Students will be able to:

- 1) Examine various motivational and learning strategies and apply them to their success in college.
- 2) Research career interests, values and personality theory to evaluate appropriate careers and college majors.
- 3) Demonstrate lifelong success skills that facilitate optimal communication, critical and positive thinking in a diverse society.

**Method of Evaluation (Measuring Student Learning Outcomes with Representative Assignments)**

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) Essay exams, quizzes and a final exam.
- 2) Writing assignments using critical thinking on personality analysis.

- 3) Class participation.
- 4) Journal writing
- 5) Independent research such as career research based on the results of his/her personality/interest assessments.
- 6) Completion of an educational plan.

### **Special Materials Required of Students**

Access to high speed Internet

### **Minimum Instructional Facilities**

Smart classroom and computer lab

### **Method of Instruction**

- 1) Lecture, large group and small group discussion
- 2) Written exercises and journal entries
- 3) Classroom or individual exercises
- 4) Individual projects

### **Out of Class Assignments**

Research-based papers and assignments

Written reflection and journals on assigned multicultural activities or campus events

### **Texts and References**

- 1) Required (representative examples):
  - a. Fralick, Marsha. *College and Career Success*. 9th edition. Kendall/Hunt Publishers, 2021.
  - b. Downing, Skip. *On Course, Strategies for Creating Success in College and in Life*. 9th edition. Cengage Learning, 2019.
  - c. Dillon, Dave. *Blueprint for Success in College and Career*. Rebus.  
<https://press.rebus.community/blueprint2/> Licensed under a Creative Commons Attribution 4.0 2017.
  - d. Human eSources Ltd. *CollegeScope*. 2nd Edition. Kendall/Hunt Publishers, 2016.
  - e. OpenStax, *College Success*. OpenStax, Mar 27, 2020.  
<https://openstax.org/details/books/college-success?Book%20details> Licensed under a Creative Commons Attribution 4.0
- 2) Supplemental: None

### **Student Learning Outcomes**

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

- 1) Evaluate career, academic and personal goals through in class activities and written assignments.
- 2) Create an educational plan using various academic resources such as the college catalog, transfer resources and/or career research websites.