CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

COUNSELING 120 – COLLEGE AND CAREER SUCCESS

3 hours lecture, 3 units

Catalog Description
This course teaches success strategies to enhance academic and lifelong learning. The course also discusses the importance of looking at the human being as an integrated physiological, social and psychological organism. Students will explore personality types and examine their own interests and values as a way to increase self-understanding and select an appropriate major and career. Students will identify their learning style and apply psychological principles of learning, memory, motivation and stress management to academic study strategies. Students will also apply life management techniques - such as time and money management - to accomplish personal goals. Students will examine the adult stages of development and develop a plan for wellness and living a long and healthy life. Additionally, students will be given the opportunity to practice creative and critical thinking techniques.

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; Locus of control
   d. Interpersonal Communication: Speaking, listening, conflict resolution
   e. Diversity: Social diversity, prejudice and discrimination
2) Career Assessment, Educational Planning, and Research
3) Lifelong Learning
4) Health and Wellness
5) Critical and Creative Thinking
   a. Critical Thinking
   b. Creative Thinking
   c. Methodology of a Social Science

Course Objectives
Students will be able to:
1) Describe various motivational strategies and apply them to their success in college.
2) Describe vocational interests, values and personality theory to evaluate appropriate careers and college majors.
3) Identify learning strategies that will facilitate productivity in college.
4) Demonstrate lifelong success skills that facilitate optimal communication, critical and positive thinking.
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 must be essay exams, skills demonstration or, where appropriate, the symbol system.
1) Quizzes and exams that measure students’ ability to apply physiological, social and psychological principles to success in college, careers and life.
2) Completion of career assessments that focus on personality, interests, values and learning styles.
3) Writing assignments or journals describing one’s personality, interests, values, learning styles, multiple intelligences, learning styles and lifetime goals.
4) 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
5) Use of the Internet for online projects

Out of Class Assignments
Research-based papers and assignments
Written reflection on assigned multicultural activities

Texts and References
1) Required (representative examples):
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.