

# COUNSELING AND GUIDANCE (COUN)

## **COUN 071 F Adaptive Computer Access 1-2 Units**

Pass/No Pass only. Open Entry/Open Exit. 9 hours lecture and 27-81 hours lab per term. This course is designed for students with learning, visual, physical, communicative disabilities or acquired brain injuries. Students will receive guided instruction/application in the introduction and use of computers and adaptive computer access technologies within the context of word processing. It is strongly encouraged that students participate in the Disability Support Services (DSS) in-take process with a DSS counselor prior to enrolling.

## **COUN 072 F Learning Assessment 0.5 Units**

Pass/No Pass only. Open Entry/Open Exit. 9 hours lecture per term. This course is an individualized intensive diagnostic learning assessment for students referred to Disability Support Services. Emphasis is placed on determining the learning strengths and weaknesses of each student. Through the assessment process, students will develop learning strategies, study skills, and educational goals to help them improve basic skills, educational planning, and academic performance. A student educational contract (SEC) outlining long term goals/short term objectives for identified eligible students with learning disabilities will be developed. This is an open entry/open exit course with arranged hours. Students are strongly encouraged to participate in the Disability Support Services (DSS) in-take process with a DSS counselor prior to enrolling.

## **COUN 075 F Adaptive Computer Access - Learning Strategies 1-2 Units**

Pass/No Pass only. Open Entry/Open Exit. 9 hours lecture and 27-81 hours lab per term. This course is designed to help all students with disabilities identify their educational weaknesses and develop strategies to overcome and/or mitigate their limitations and weaknesses. Students will receive computer-assisted instruction to improve learning strategies, problem solving and cognitive skills and proficiency in basic skills areas. It is strongly encouraged that students participate in the Disability Support Services (DSS) in-take process with a DSS counselor prior to enrolling.

## **COUN 100 F Orientation for College Success 1 Unit**

Letter Grade or Pass/No Pass option. 18 hours lecture per term. This course is designed to familiarize students with college and contains an introduction to the principles of student development theory, student conduct, academic procedures, college policies, goal setting, educational and career planning, and college and student support services. In this class students will learn academic options in higher education and develop a tentative educational plan to achieve personal and academic goals. (CSU) (UC) (Degree Credit) (UC Credit Limitation: COUN 100 F, COUN 110 F, COUN 151 F and COUN 160 F combined maximum credit, one course)

## **COUN 101 F The College Experience 2 Units**

36 hours lecture per term. This course will facilitate an understanding of the issues involved in having a successful college experience. The emphasis includes four major components of study: self-exploration, development of academic and survival skills, awareness of higher education, and transfer exploration and vocational options. Topics will include: student development theory, purpose for attending college, maintaining health, development of positive self-esteem, strategies for living a balanced life, and acquisition of academic and survival skills. Students will develop knowledge of college resources, policies and procedures. (Degree Credit) (CSU)

## **COUN 110 F Teaching As A Career 3 Units**

54 hours lecture per term. This course provides an introduction to the field of education and the teaching profession. Students will develop personal knowledge and understanding of the competing purpose and values of schools in society, the nature of teaching and the teaching profession, the impact of local, state, and federal government policies on schools, and contemporary educational values. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU) (UC Credit Limitation: COUN 100 F, COUN 110 F, COUN 151 F, COUN 160 F, and COUN 163 F combined maximum credit, 3 units)

## **COUN 135 F Introduction to Leadership Development 3 Units**

Pass/No Pass or Letter Grade option. 54 hours lecture per term. This course is designed to provide emerging and existing student leaders the opportunity to explore the concept of leadership and to develop and improve their leadership skills for application in multiple roles throughout their lifetime. Students will learn the role that communication, motivation, delegation, self assessment, planning, time management, stress management, evaluation and governance play in developing successful leaders, working relationships, and organizations. Focus will include: parliamentary procedure, program development, stress reduction, and time management. (CSU) (Degree Credit) AA GE, CSU GE

## **COUN 140 F Educational Planning 0.5 Units**

9 hours lecture per term. This course includes: an orientation to college life, responsibilities, requirements, and regulations; an overview of the assessment process; certificates, occupational degrees, and transfer degrees; the transfer process; career guidance for selection of a major plan of study. Students taking this course will receive an overview of graduation requirements, transfer requirements, campus policies, student services, and career planning. Strongly recommended for first-time students with declared majors or enrollment in specific programs. Course sections may be designated for specific majors or programs. Pass/No Pass only. (Degree Credit) (CSU)

## **COUN 141 F Career Exploration 1 Unit**

18 hours lecture per term. This course is designed to introduce students to a career decision-making process which includes both evaluation of the self and exploration of the world of work. Self-evaluation activities include identification of personality/temperament, interests, skills, goals and values. Career research activities are utilized to examine the world at work. The focus of the course is on self-description in relation to the choice of occupation and career. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU)

## **COUN 143 F Creative Job Search 1 Unit**

Letter Grade or Pass/No Pass option. 18 hours lecture and activities per term. This course will cover the basic aspects of conducting a successful job search. The focus will be on the application process, including: cover letter, resume, interviewing skills, and labor market research. (CSU) (Degree Credit)

## **COUN 144 F Career Motivation and Self Confidence 1 Unit**

18 hours lecture per term. This course is designed to help students identify individual differences, examine personal characteristics and behavior, and evaluate self-concept. Students will interpret information and apply knowledge of self as related to career demands and opportunities with increased motivation and self-confidence. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU)

**COUN 148 F Human Potential****1 Unit**

18 hours lecture per term. This course will help students to understand and enhance their self-concept through an exploration of how that self-concept directs behavior patterns. This course will also enable students to examine and assess their strengths and potential, values and decision-making skills in order to develop an improved self-concept, and improve communication and listening skills. By becoming aware of their individual potential, students can plan and achieve their educational goals. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU)

**COUN 151 F Career and College Success (formerly Career/Life Planning)****3 Units**

54 hours lecture per term. This course is designed to teach strategies for success to promote academic and lifelong learning through the integration of career and academic planning. Topics include intensive career investigation, assessment of interest, personality, skills, values, and other personal qualities that coincide with educational and career success; application of career and lifespan development theory; psychological and social issues that impact career and life choices; decision making; time management; goal setting; learning and life management strategies; job search and career building techniques. This course emphasizes empowering students to take charge of their academic, career, and personal decisions through the integration of career exploration and individual educational planning. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU) (UC Credit Limitation: COUN 100 F, COUN 110 F, COUN 151 F, COUN 160 F, and COUN 163 F combined maximum credit, 3 units) AA GE, CSU GE

**COUN 152 F Diversity in the World of Work****3 Units**

54 hours lecture per term. Letter Grade or Pass/No Pass option. This course explores the topic of diversity within the world of work. Theory and historical context will be used to examine how factors such as ethnicity, culture, gender, age, abilities, socioeconomic status, and spirituality influence the work environment. Organizational culture, working conditions, career development, and occupational trends will be explored within the context of the United States. This course fulfills the Multicultural Education Requirement for graduation. (Degree Credit) (CSU) (UC) AA GE, CSU GE

**COUN 160 F Academic Success (formerly COUN 060 F)****3 Units**

Pass/No Pass or Letter Grade option. 54 hours lecture per term. This course provides an exploration into strategies for success in college. Personal and academic development as well as lifelong learning skills will be investigated through a lens of cognitive, psychological, social, and physical factors. Topics include the transition to college, time management, decision-making, motivation, self-efficacy, study skills, health and wellness, effective communications in higher education, educational planning, and an introduction to career development. (Degree Credit) (CSU) (UC Credit Limitation: COUN 100 F, COUN 110 F, COUN 151 F and COUN 160 F combined maximum credit, one course)

**COUN 161 F Assertion Skills/Communication****2 Units**

Letter Grade or Pass/No Pass option. 36 hours lecture per term. This course introduces students to the concept of assertive skills and learning techniques and strategies for implementing assertive behavior. This course assists students in developing effective critical thinking skills as they explore the relationship between inner dialogue and outward behavior and analyze and assess conflicts encountered in everyday life. (Degree Credit) (CSU)

**COUN 163 F Personal Growth and Life Success****3 Units**

54 hours lecture per term. This course will emphasize college student strategies through critical analysis of the academic, career, and interpersonal factors that influence student success. Students will examine the perception of the importance of a college education as it pertains to career trends, core values, and access to educational opportunities. Multidisciplinary examination will be applied to concepts of diversity, identity, life transitions, and individual adjustment; these concepts will then be related to choice theory and personal responsibility in educational success. Experiential and theoretical approaches will be applied to understanding the self, peer and campus culture, goal clarification and educational pathways. The course integrates the intellectual, physiological, social, and psychological aspects of being a college student through the comprehensive examination of personality development and life determinants. The critical analysis and synthesis of these aspects facilitates educational planning for transfer and career options. Students will be introduced to lifestyle choices and decision-making skills that validate their academic and career success. (Degree Credit) (CSU) (UC Credit Limitation: COUN 100 F, COUN 110 F, COUN 151 F, COUN 160 F, and COUN 163 F combined maximum credit, 3 units) AA GE, CSU GE

**COUN 193 F Financial Life Skills (formerly COUN 093 F)****2 Units**

36 hours lecture per term. This course is designed to assist students in understanding basic strategies for managing college and personal finances. Students will increase their knowledge in accessing available forms of financial assistance and maximizing finances for timely degree completion and/or transfer. Students will develop a basic understanding of adult-related tasks such as personal budget management, calculating cost of education, how to deal with financial difficulties, maximizing their financial aid benefits and other financial resources, understanding repayment options and the consequences related to mismanaging funds. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU)

**COUN 199 F Counseling/Guidance: Independent Study****0.5-2 Units**

9-36 hours lecture per term. This course is designed for students who wish to explore in depth various guidance-related topics. Unit credit may range from one-half to two units in any given semester. Consult class schedule for list of topics and to verify credit for the particular term. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU) (UC review required.)