

COUNSELING AND GUIDANCE (COUN)

COUN 071 F Adaptive Computer Access 1-2 Units

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. Pass/No Pass only. Open Entry/Open Exit.

COUN 072 F Learning Assessment 0.5 Units

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. Pass/No Pass only. Open Entry/Open Exit.

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

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. Pass/No Pass only. Open Entry/Open Exit.

COUN 100 F Orientation for College Success 1 Unit

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. Pass/No Pass Letter Grade or option. (Degree Credit) (CSU) (UC) (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) (UC)

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

54 hours lecture per term. This course explores the evolution of leadership from a theoretical and philosophical perspective. Students will examine various leadership styles and their characteristics, the interplay of values and ethics in leadership roles, and practical aspects of effective leadership. It is designed to provide students with the knowledge and skills to exercise leadership in multiple roles throughout their lifetime with the intent of creating transformational change in their community. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU) AA GE, CSU GE

COUN 135HF Honors Intro Leader Develop 3 Units

54 hours lecture per term. This Honors-enhanced course explores the evolution of leadership from a theoretical and philosophical perspective. Students will examine various leadership styles and their characteristics, the interplay of values and ethics in leadership roles, and practical aspects of effective leadership. It is designed to provide students with the knowledge and skills to exercise leadership in multiple roles throughout their lifetime with the intent of creating transformational change in their community. Letter Grade or Pass/No Pass option. (Degree Credit) (CSU)

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. Pass/No Pass or Letter Grade option. (Degree Credit) (CSU)

COUN 143 F Creative Job Search 1 Unit

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. Pass/No Pass or Letter Grade option. (Degree Credit) (CSU)

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. Pass/No Pass or Letter Grade 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. Pass/No Pass or Letter Grade 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. Pass/No Pass or Letter Grade 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 is an exploration of cultural awareness and diversity as well as how they intersect within the world of work. Students will examine the impact of historical, social, and cultural perspectives as it relates to ethnicity, culture, gender, age, abilities, socioeconomic status and/or spirituality. Students will apply theoretical concepts related to diversity to understand the experiences of various demographics and their contributions to the work environment in the United States. This course fulfills the Multicultural Education Requirement for graduation. (Degree Credit) (CSU) (UC) AA GE, CSU GE, IGETC

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

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. Pass/No Pass or Letter Grade option. (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

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. Pass/No Pass or Letter Grade option. (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. Pass/No Pass or Letter Grade option. (Degree Credit) (CSU)

COUN 199 F Counseling and Guidance Independent Study 1 Unit

54 hours independent study per term. This course is designed for students who wish to explore in depth various guidance-related topics. Topics might develop out of a curiosity stimulated in a regular class. Students will then contact the supervising instructor to develop a learning contract for their particular interest so that they can learn more regarding their chosen specific topic. Letter grade or Pass/No Pass option. (Degree Credit) (CSU) (UC Credit Limitation depending upon course content; UC review required.)