

# COUNSELING (COUN)

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## COUN 010 INTRODUCTION TO COLLEGE

**1 unit**

*Transfer Credit: CSU*

**Recommended Preparation:** *Completion of placement assessment*

Designed to help students successfully navigate the higher education system. Understanding of college policies and procedures, campus services and resources and associate degree and transfer requirements. Students will develop an individual educational plan based on their specific academic/career goal(s). Short term class. Total of 18 hours lecture.

**Grade Mode:** *Audit, Letter Grade*

## COUN 011 LEARNING STRATEGIES AND COLLEGE SKILLS DEVELOPMENT

**1 unit**

*Transfer Credit: CSU*

Analysis of college success factors and learning styles of student achievement. Development of strategies for success in educational and work environments. Organizing tasks involved when studying and the tools to do it. Short term class. Total of 18 hours lecture.

**Grade Mode:** *Audit, Letter Grade, Pass/No-Pass*

## COUN 012 PERSONAL GROWTH AND DEVELOPMENT

**3 unit**

*Transfer Credit: CSU*

A comprehensive course that integrates personal and professional growth through the development of effective communication skills, positive self-esteem, and strategies for problem-solving and decision-making. Analysis of life course events, self-exploration of social identity and the development of career and educational objectives. Personal health assessment and strategies for coping with stress. Total 54 hours of lecture.

**Grade Mode:** *Letter Grade, Pass/No-Pass*

## COUN 013 PEER MENTORING SKILLS

**3 unit**

*Transfer Credit: CSU*

Principles and practices of peer mentoring fellow students new to the college setting. Practice basic helping skills along with learning how to utilize knowledge of higher education, matriculation and college success strategies. No credit if taken after COUN 103. Total of 54 hours lecture.

**Grade Mode:** *Audit, Letter Grade, Pass/No-Pass*

## COUN 017 CAREER PLANNING

**2 unit**

*Transfer Credit: CSU*

Career research and planning using assessments of interests, values, skills, and temperament. Exploration of job duties and educational/training requirements. Job search skills. Total of 36 hours lecture.

**Grade Mode:** *Audit, Letter Grade*

## COUN 020 INDEPENDENT STUDY

**1 unit**

*Transfer Credit: CSU*

**Prerequisite(s):** *COUN 010*

Individualized projects, research techniques, written reports. Total of 54 hours laboratory.

**Grade Mode:** *Audit, Pass/No-Pass*

## COUN 030 PERSONAL EXPLORATION OF LEADERSHIP

**3 unit**

*Transfer Credit: CSU*

Introduction to the fundamental elements of leadership. Exploration of leadership theories and models as well as individual values and beliefs with which to develop a personal philosophy of leadership. Exploration of how the roles of culture, diversity and gender can play in leadership. Application of course content to daily life and leadership contexts. Total of 54 hours lecture.

**Grade Mode:** *Audit, Letter Grade*

## COUN 111 EDUCATIONAL PLANNING AND STUDY SKILLS

**0.5 unit**

Educational planning, study skills and transfer requirements. Testing to identify interests and abilities. Pass/no pass grading. Total of 9 hours lecture.

**Grade Mode:** *Audit, Pass/No-Pass*

## COUN 112 STUDENT DEVELOPMENT

**1 unit**

Effective personal and social relations in the academic and social environment. Problem solving techniques. Pass/no pass grading. Total of 18 hours lecture.

**Grade Mode:** *Audit, Pass/No-Pass*