

COUNSELING (COUN)

COUN 010 INTRODUCTION TO COLLEGE

1 unit

Transfer Credit: CSU

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, Pass/No-Pass*

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; UC

Integration of personal, intellectual, psychosocial, and professional growth through the development of effective communication skills, positive self-esteem, critical thinking, and strategies for problem-solving and decision making using theories of self development. Analysis of life course events, self-exploration of social identity, intersectionality, and diversity, and the development of career and educational objectives. Personal health and wellness 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; UC

Application of career theories and concepts to inform career identity, development, decision-making, and planning throughout the lifespan in a globally diverse workforce. Research educational and career options that align with interests, values, personality, skills and strengths using career assessments and resources. 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*