

## COUNSELING (COUN)

The Counseling Department offers several Counseling classes to assist students with recognizing their full potential through developing self awareness, educational management and lifelong independent career planning skills.

Counseling courses are designed to provide an in-depth exploration into the process of self-knowledge. These courses, taught by Counseling Faculty, will enable students to identify educational and career goals, assist students with student success strategies, learning and study skills, and Associate Degree and transfer planning.

### COUN 24

#### College Success

3 units, 3 hours lecture (GR or P/NP)

Recommended preparation: Engl 201B

Not open for credit to students who have completed Lrnre 24.

Acceptable for credit: CSU, UC

Identification and development of resources that facilitate college success: High-performance learning utilizing information organization and management, critical-thinking and problem-solving skills, effective time management, learning styles and strategies and memory theory, goal setting and educational planning, and campus/community resources. 4930.10

CSU area E

### COUN 30

#### Personal Growth and Development

3 units, 3 hours lecture (GR or P/NP)

Recommended preparation: Engl 201B or ESL 21B

Acceptable for credit: CSU

Examination of the psycho-social dynamics of personal growth: Focus on self exploration, learning to make choices, stress and coping, interpersonal relationships, origin and resolution of conflicts and the role of emotions in behavior and health; includes active personal involvement, group interaction, and self-study. 4930.10

AA/AS area 2; CSU area E

### COUN 57

#### Career and Life Planning

3 units, 3 hours lecture (GR or P/NP)

Recommended preparation: Engl 201B

Not open for credit to students who have completed Lrnre 57.

Acceptable for credit: CSU, UC

In-depth career and life planning: Self-exploration, identifying values, interests, needs and goals; development of skills for assuming careers and lifestyles over the life span, influence of career choice on the quality of life, and the development of a career action plan. Designed to assist those students considering the transition of a career change or undecided about the selection of a college transfer major. 4930.10

CSU area E

### COUN 200A

#### Orientation to College

.5 units, .5 hours lecture (GR or P/NP)

Information for new students: College programs, policies and procedures, campus resources and assessment. 4930.10

### COUN 200B

#### Orientation to College

.5 units, .5 hours lecture (GR or P/NP)

Recommended preparation: Coun 200A

Educational planning and college success skills: Development of a Student Educational Plan (SEP) with a counselor and introduction to topics such as time management, study skills, note-taking, and test-taking techniques. 4930.10

### COUN 201

#### Orientation to College: Student Success and Support Program

1 unit, 1 hour lecture (P/NP)

Information for new students: College programs, policies and procedures, campus resources, assessment; and abbreviated Student Educational Plan (SEP). 4930.10

### COUN 207A

#### Career Exploration

1 unit, 1 hour lecture (GR or P/NP)

Not open for credit to students who have completed or are currently enrolled in Coun 207.

Career decision making: Exploration and clarification of values, skills, and goals to facilitate informed and realistic career choices, and introduction to personal and occupational assessment tools. 4930.10

**COUN 207B****Career Exploration**

1 unit, 1 hour lecture (GR or P/NP)

Not open for credit to students who have completed or are currently enrolled in Coun 207.

Occupational assessment tools: Practice in networking, informational interviews, research on employment opportunities and trends, and resources used in job search. 4930.10

**COUN 207C****Career Exploration**

1 unit, 1 hour lecture (GR or P/NP)

Not open for credit to students who have completed or are currently enrolled in Coun 207.

Job search skills: Resumes, cover letters, telephone skills, and interviewing techniques. 4930.10

**COUN 221****Preparing for College/University Transfer**

.5-1 units, .5-1 hours lecture (GR or P/NP)

In-depth information and assistance with the transfer process to four-year colleges and universities: Lower-division major and general education requirements, college/university selection, admission procedures, application deadlines, financial aid, and scholarship information. Students will receive the information necessary to develop a Student Educational Plan (SEP) for transfer. 4930.10

**COUN 224****College Preparedness**

2-3 units, 2-3 hours lecture (GR or P/NP)

Recommended preparation: Coun 200A and 200B

Acquisition of college success skills: Time management, good study habits, effective note taking, goal-setting strategies, educational planning, and use of library and other learning resources. 4930.10

**COUN 230****Strategies for Personal Development**

3 units, 3 hours lecture (GR or P/NP)

Examination of theories and principles of personal growth and interpersonal effectiveness: Dynamics of relationships in the areas of friendship, love, family, school, occupations and other group relations; emphasis on self exploration and developing positive coping strategies. 4930.10

AA/AS area 2

**COUN 248AA****Strategies in Community Learning I**

1-3 Units, 1-3 Hours Lecture (GR or P/NP)

Learning strategies for students in learning communities: Contextualized learning to promote academic skills and college success; foster involvement in campus life and community activities; and examine how community participation enhances college success.

**COUN 248AB****Strategies in Community Learning II**

1-3 Units, 1-3 Hours Lecture (GR or P/NP)

Learning strategies for students in learning communities: Contextualized learning to promote academic skills and college success; foster involvement in campus life and community activities; and examine how community participation enhances college success.

**COUN 501****Counseling Learning Lab**

0 units, 1-5 hours laboratory (Not graded)

Success and retention strategies offered in small groups: Provides assistance to students in overcoming barriers in reaching their educational goals and increasing their successful completion of college courses. Workshop content to cover a variety of topics and students may enroll in more than one lab per semester. 4930.09

