

# COUNSELING (COUN)

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## COUN C104 3 Units (54 lecture hours)

### Career and Life Planning

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Formerly COUN C100. This is an introductory career and life planning course that includes an exploration of interests, skills, values, personality traits, past experiences, and life stages. Students will develop a career/life plan using gathered self-information, decision-making strategies and an awareness of psychological, sociological, and physiological factors related to career/life satisfaction. Topics will include labor market trends, major choices, cover letter and resume creation, interviewing skills, and job search strategies. Graded or Pass/No Pass option. UC Credit Limitations: COUN C104 and COUN C105: maximum credit, 1 course.

## COUN C105 3 Units (54 lecture hours)

### Strategies for College Success

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course is designed to integrate personal growth, critical and creative thinking, problem-solving and academic and career success. Topics include orientation to higher education, resources, educational planning, academic integrity, study techniques, learning strategies, mindset, and personal development. Students will learn the differences between traditional classroom and distance learning environments. May be taken for a grade or on a pass-no pass basis. Graded or Pass/No Pass option. UC Credit Limitations: COUN C104 and COUN C105: maximum credit, 1 course.

## COUN C108 2 Units (36 lecture hours)

### Applied Stress Management

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course introduces the basic principles and theories of holistic stress management. It explores the mind-body relationship (the psychophysiology) of stress; stressors typically experienced during an individual's college, family and working life; coping skills; and interventions. Students will learn cognitive strategies and relaxation techniques that may be applied to help manage daily life stressors in a healthy and productive manner. Topics include: the effects of the stress response, the identification of personal stress levels and the understanding of the importance of personal responsibility for health. Students will develop a personalized stress management plan. Graded or Pass/No Pass option.

## COUN C115

0.5 Units (9 lecture hours)

### Educational Planning

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course is designed to introduce students to a successful college and transfer experience. It includes an overview of Coastline College's career pathways, student support services, and college policies. Definitions and requirements for certificates, associate degrees, baccalaureate and higher degrees are covered. An overview of higher education in California and transfer policies and processes will be reviewed. Students will develop a Student Educational Plan (SEP) based on individual educational goals. Graded or Pass/No Pass option.