

COUNSELING (COUN)

COUN C104 **3 Units (54 lecture hours)**

Career and Life Planning

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COUN C104 and COUN C105: maximum credit, 1 course.

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.

COUN C105 **3 Units (54 lecture hours)**

Strategies for College Success

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COUN C104 and COUN C105: maximum credit, 1 course.

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.

COUN C108 **3 Units (54 lecture hours)**

Applied Stress Management

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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 C109 **3 Units (54 lecture hours)**

Developing and Understanding Happiness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Students will study current research and apply actionable strategies to acquire sustainable increases in well-being and productive habits. The course will explore such questions as: What is happiness and how is it measured? Do we really know what will make us happy? We will discuss how meaning, resilience, love, spirituality, relationships, and mindfulness among others, relate to happiness. Graded or Pass/No Pass option.