

COUN A101: NEW HORIZONS FOR ADULTS RETURNING TO COLLEGE

| Item | Value |
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| Curriculum Committee Approval Date | 12/08/2021 |
| Top Code | 493010 - Career Guidance and Orientation |
| Units | 1 Total Units |
| Hours | 18 Total Hours (Lecture Hours 18) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | Yes |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Grading Policy | Standard Letter (S), • Pass/No Pass (B) |
| Associate Arts Local General Education (GE) | • OC Life Skills - Theory - AA (OE1) |

Course Description

An orientation course designed to assist adults re-entering academic life. Orientation to O.C.C. and higher education will be offered. Topics will include career development, career change, study skills, time management, life transitions, job skills, self-esteem, assertion, and communication skills. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Assess their interests and abilities and match these to careers.
2. Develop an individualized educational plan and summarize its basic components.
3. Identify and describe the basic stages of career development, identify their own current stage, and their next steps.

Course Objectives

- 1. Identify academic goals and schedule course requirements leading to completion of goals.
- 2. Appraise personal attributes through participation in self-awareness exercises.
- 3. Describe college resources and use those resources appropriate to their needs.
- 4. Recognize personal barriers to success in school and formulate a plan to overcome the barriers.
- 5. Compare different study skills methodology (note-taking) and practice using a chosen technique to increase proficiency.
- 6. Discuss the value of persistence (time on task) to success in school.
- 7. Identify and apply healthy self-talk during transitions.

Lecture Content

Orientation to Higher Education Academic policies/procedures of OCC Campus resources/organizations Transitional issues Expectation of faculty Typical college publications The library The system of higher education Higher Education Planning Degree and certificate options Student educational plan The transfer process Financial aid Career goals Majors/minors Higher educational institutions in California Transcripts, resumes, and portfolios Career Development Career confusion Self-exploration Interests/abilities/values-John Holland Self-Directed Search Career research Decision making Educational choices Job search skills Job keeping skills (SCANS) Development of Life/Student Skills Study skills Memory techniques Critical Thinking Reading a textbook Effective note-taking Test-taking strategies Personal development and life skills Coping with transition Health issues Time management Assertion skills Healthy self-talk Parenting as a student Communication skills Self-exploration and affirmation Adult development Self-evaluation/self-esteem

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Instruction is designed to support the diverse learning styles of students.

Methodologies include lectures, interactive lectures, large and small group discussions, individual exercises and assessment, video, guest speakers, on-campus tours, readings, special handouts, and directed assignments.

Reading Assignments

Student will spend approximately thirty minutes to one hour per week on assigned readings provided by instructor and/or textbook.

Writing Assignments

Students will spend 30 minutes to one hour per week demonstrating critical thinking skills in written assignments that may include an autobiography, written career research reports, short answer exercises, and quizzes.

Out-of-class Assignments

Student will spend approximately thirty minutes to one hour per week on reflective exercises and assignments. Assignments may include self-assessments, goal setting projects, and interactive projects.

Demonstration of Critical Thinking

Students will be evaluated based on: quizzes, skill demonstrations, problem solving exercises, written reports, and classroom participation. Students will evaluate career theories and apply/integrate into their own lives. Students will create and formulate an education/career plan.

Required Writing, Problem Solving, Skills Demonstration

Students will reflect(demonstrate) critical thinking skills in written assignments that may include an autobiography, written career research reports, short answer exercises, and quizzes. Students will problem solve individually and in small groups to create solutions for overcoming challenges to education and career goals.

Eligible Disciplines

Counseling: Masters degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelors degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Gill, C.M.. College Success for Adults, 1st ed. New York: Routledge, 2021

Other Resources

1. OCC Catalog 2. Selected handout materials to be provided and distributed by the instructor.