

# COUN A199: TOPICS IN COUNSELING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	493010 - Career Guidance and Orientation
Units	.5-3 Total Units
Hours	9-54 Total Hours (Lecture Hours 9-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Pass/No Pass (B)

## Course Description

Present, discuss, and study personal development issues. Introduce student to campus resources. Topics will change each semester. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate new or enhanced understanding of higher educational options, and relate it to personal development by articulating their student education plan (SEP).

## Course Objectives

- 1. Understand certificate, Associates, and transfer options
- 2. Relate education plan to educational options available
- 3. Compare the self in relation to personal development
- 4. Relate personal development to performance
- 5. Improve performance –related skills
- 6. Improve self concept
- 7. Improve persistence
- 8. Choose between the four systems of higher education in California to meet educational goal

## Lecture Content

Specific topic outline will be submitted to and approved by the division curriculum committee before any new specific topic is offered.

Introduction to the four systems of higher education in California.

Overview of educational options available including career programs, associates degree, and transfer. Self Concept Life skills including time management, and goal setting Changes in attitude. Student Education Plans

## Method(s) of Instruction

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

## Instructional Techniques

Lecture Class Discussions Individual, or small group exercises Instructor feedback

## Reading Assignments

Students will dedicate between 30 to 60 minutes each week on academic transfer readings from handouts, online sources for academic major selection, transfer university option requirements, UC Insight Questions and Personal Statement essay for scholarships, internships, and university transfer.

## Writing Assignments

The writing assignments in this course will demonstrate that the student has evaluated various personal development issues and can apply them to various aspects of their lives.

## Out-of-class Assignments

Students will interview professionals in the students academic field of interest through an Informational Interview to enhance communication and exploration of majors skills. Students will visit in person or online the OCC Career Center for majors linked to occupations and develop presentations in class.

## Demonstration of Critical Thinking

Reflective personal writings for awareness and analysis of the decision-making process leads students to develop goals and identify steps that leads them to the integration of Self through informational interviews, presentations, and personal statement essay writings that show the learning process and academic path.

## Required Writing, Problem Solving, Skills Demonstration

The writing assignments in this course will demonstrate that the student has evaluated various personal development issues and apply them to various aspects of their lives. Students will identify and utilize resources for support to enhance their personal, emotional, and learning process demonstrated by their academic progress, transfer planning steps, and confidence in self through their reflective writings, presentations and interactions in class.

## Other Resources

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