

COUNSELING (COUN)

COUN G104 3 Units (54 lecture hours)

Career And Life Planning

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

Formerly: Career and Life Planning: A Holistic Approach. This is an extensive career and life planning course within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on self-esteem/self-concept, values, needs and goals, motivation, skill development, and gender and cultural issues in the workplace and the global economy. The historical view of careers, current career trends, and employment outlook will be studied. Various methods of researching academic and career opportunities will be explored to assist students with completing a career action plan.

COUN G105 3 Units (54 lecture hours)

Strategies for College Success

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This is a course designed to integrate personal growth, critical and creative thinking, problem solving, and academic and career success. Topics include an orientation to higher education, academic integrity, learning strategies, study techniques and academic resources, mindset, life skills, and personal development. Course will also include individual ethnic identity development, and multiculturalism and its role in succeeding in a diverse society. No credit if taken after COLL G100.

COUN G115 2 Units (36 lecture hours)

Student-Athlete Success & Educational Planning

Grading Mode: Standard Letter

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is designed to introduce student-athletes to a successful college and transfer experience. Athletic regulations including the National Collegiate Athletics Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) transfer requirements will be covered. The course introduces college success skills, including college expectations, resources, policies, student/athlete life balance, life after sports. Definitions and requirements for certificates and degrees, and higher education in California, including transfer process are covered. Students develop a Comprehensive Student Educational Plan (CSEP) based on personality and career assessments, individual educational goals, and discuss strategies for selecting a major.

COUN G150 3 Units (54 lecture hours)

Planning for Arts, Languages, and Humanities

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the Arts, Languages, and Humanities.

COUN G151 3 Units (54 lecture hours)

Planning for Business

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the Business.

COUN G152 3 Units (54 lecture hours)

Planning for Health Science, Nursing and Kinesiology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the Health Sciences, Nursing, and Kinesiology.

COUN G153**3 Units (54 lecture hours)****Planning for Social and Behavioral Sciences****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the Social and Behavioral Sciences.

COUN G154**3 Units (54 lecture hours)****Planning for STEM (Computer Science, Engineering, Physics and Math)****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the STEM programs, specifically Computer Science, Engineering, and Physics.

COUN G155**3 Units (54 lecture hours)****Planning for STEM (Biological and Physical Sciences)****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in STEM, specifically Biological and Physical Sciences.

COUN G156**3 Units (54 lecture hours)****Planning for Teaching****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the teacher education, elementary education, secondary education, or teaching at the college level.

COUN G200**3 Units (54 lecture hours)****College Student Identity Development****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

This course examines the formation and identity development through a lens of student development and personal growth. Major emphases of study will be on identity development, theoretical foundations of self and others, motivation, self-regulation, inequality, social belonging, and human agency. Concepts drawn from counseling and educational psychology, collective and cross-cultural contexts, and a sense of belonging within higher educational and social structures.

COUN G205**1 Unit (18 lecture hours)****Navigating the Transfer Process****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

This course is designed to develop and enhance decision-making strategies for students interested in transferring. Students will develop critical thinking skills by identifying, comparing, and analyzing the differences in university entrance and major requirements as related to their educational and career goals. Students will examine the requirements of the universities and complete a comprehensive educational plan. On-site research/field study at universities may be required.