

# COUNSELING (COUN)

## COUN G100 1.5 Units (27 lecture hours)

**Career Planning**  
Advisory: ENGL G098.

**Grading Mode:** Pass/No Pass  
**Transfer Credit:** CSU.

This course is designed to assist students in developing intelligent career decisions. Standardized assessments, discussions and assignments will enable the student to clarify values, interests, abilities and personality characteristics that fit with possible career options. Pass/No Pass.

## COUN G103 1 Unit (18 lecture hours)

**Educational Planning For Student Success**  
Advisory: ENGL G090 or ENGL G099.

**Grading Mode:** Pass/No Pass  
**Transfer Credit:** CSU.

This course is designed to introduce students to a successful college and transfer experience. The course introduces college survival skills including college expectations, college resources, and academic policies. Definitions and requirements for vocational certificates, Associate of Arts degrees, baccalaureate and higher degrees are covered. An overview of higher education in California and transfer policies and processes will be covered. Students develop a Student Educational Plan (SEP) based on individual educational goals and discuss strategies for selecting a major. Pass/No Pass.

## COUN G104 3 Units (54 lecture hours)

**Career And Life Planning**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU; UC.

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. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

## COUN G105 3 Units (54 lecture hours)

**Strategies for College Success**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU.

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. Graded or Pass/No Pass option.

## COUN G115 2 Units (36 lecture hours)

**Student-Athlete Success & Educational Planning**  
**Grading Mode:** Standard Letter  
**Transfer Credit:** CSU; UC.

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. Graded. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

## COUN G150 3 Units (54 lecture hours)

**Planning for Arts, Languages, and Humanities**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU; UC.

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. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**COUN G151** **3 Units (54 lecture hours)**  
**Planning for Business**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU; UC.

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. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**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.

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. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**COUN G153** **3 Units (54 lecture hours)**  
**Planning for Social and Behavioral Sciences**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU; UC.

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. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**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.

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. Graded or Pass/No Pass option. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**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.

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. Graded or Pass/No Pass. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.

**COUN G156** **3 Units (54 lecture hours)**  
**Planning for Teaching**  
**Grading Mode:** Standard Letter, Pass/No Pass  
**Transfer Credit:** CSU.

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. Graded or Pass/No Pass option.

**COUN G199** **1.5 Units (27 lecture hours)**  
**Employability Skills**  
**Grading Mode:** Pass/No Pass  
**Transfer Credit:** CSU.

Formerly: Counseling Topics. Presentation, discussion and study of professional and personal development issues. Topics include employability skills, values clarification, motivation, responsibility and accountability, self esteem, time management, goal setting, personal financing, resume writing, and interviewing skills. Intended for students wishing to deal with issues relating to their own professional and personal development. Pass/No Pass.

**COUN G205** **1 Unit (18 lecture hours)**  
**Navigating the Transfer Process**  
**Grading Mode:** Pass/No Pass  
**Transfer Credit:** CSU; UC.

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. Pass/No Pass. UC credit limitations: COLL G100, COUN G104, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155 and COUN G205 combined – maximum credit, 3 units.