

COUNSELING (COUN)

COUN A100 1 Unit (18 lecture hours)

Introduction To College

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Introduces new students to college services and facilities, academic policies and various segments of higher education in California. Includes time management, study skills, and academic planning. Graded or Pass/No Pass option.

COUN A101 1 Unit (18 lecture hours)

New Horizons for Adults Returning to College

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

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. Graded or Pass/No Pass option.

COUN A104 3 Units (54 lecture hours)

Career & Life Planning: A Holistic Approach

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COUN A104, COUN A105, COUN A107 and COUN A107H combined: maximum credit, 3 units.

In depth career and life planning: Designed primarily for students uncertain about educational-occupational plans. Standardized tests of interests, personality characteristics, and values are utilized to develop a systemic approach to career and life development. This course emphasizes the importance of taking personal responsibility for one's educational, career and personal decisions to achieve satisfaction through work and life balance. This course may also be offered online. Graded or Pass/No Pass option.

COUN A105 3 Units (54 lecture hours)

Strategies for College Success

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: COUN A104, COUN A105, COUN A107 and COUN A107H 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 study techniques, orientation to higher education and resources, life skills, academic planning, and personal development. For all students wishing to improve their success in college. This course may also be offered online. Graded or Pass/No Pass option.

COUN A107 3 Units (54 lecture hours)

Chicana/o & Latina/o Experience and Success in Higher Education

Advisory: ENGL A099.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC: Credit Limitation: COUN A104, COUN A105, COUN A107 and COUN A107H combined: maximum credit, 3 units.

Counseling practices will be applied to explore factors that contribute to a successful experience in higher education for Chicana/o and Latina/o students. An examination of the educational experience of the Chicana/o and Latina/o community in the United States. Emphasis on understanding the background of Chicana/o and Latina/o students in relation to current educational conditions and trends.

COUN A107H 3 Units (54 lecture hours)

Chicana/o & Latina/o Experience and Success in Higher Education Honors

Advisory: ENGL A099.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC: Credit Limitation: COUN A104, COUN A105, COUN A107 and COUN A107H combined: maximum credit, 3 units.

Counseling practices will be applied to explore factors that contribute to a successful experience in higher education for Chicana/o and Latina/o students. An examination of the educational experience of the Chicana/o and Latina/o community in the United States. Emphasis on understanding the background of Chicana/o and Latina/o students in relation to current educational conditions and trends.

COUN A109 3 Units (54 lecture hours)

Developing and Understanding Happiness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Study of current research and the practical application of research to attain sustainable increases in well-being in order to live a fulfilling life. Will explore such questions as: What is happiness? How do we measure it? What is the evolutionary significance of positive emotion? Topics include the role of happiness, love, spirituality, relationships, forgiveness, and mindfulness. This course may also be offered online. Graded or Pass/No Pass option.

COUN A110 2 Units (36 lecture hours)

Applied Stress Management

Grading Mode: Pass/No Pass

Transfer Credit: CSU.

This course is designed to respond to the need to understand and manage personal stress. Symptom identification and management techniques will be emphasized. Offered on a pass-no pass basis only.

COUN A120 2 Units (36 lecture hours)

Career Decision Making/Accelerated

Grading Mode: Pass/No Pass

Transfer Credit: CSU.

An accelerated class designed for students who are uncertain about their educational-occupational plans. Career inventories are used along with non-test data to evaluate occupational choices. This course may also be offered online. Offered on a pass-no pass basis only.

COUN A125**2 Units (36 lecture hours)****Job Search Strategies and Career Agility****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

Designed for any student preparing to enter or reenter the workforce, as well as any student considering a career transition or in need of career reinvention. This course will equip students with the necessary skills, helpful tools, and resilient mindsets to successfully prepare for and navigate today's rapidly evolving world of work. Students will learn the most effective methods and strategies to utilize throughout the job search, networking, interviewing, and employment process. A comprehensive job search and personal branding package will be created, as well as an action-based career experience and networking plan. Workforce and industry changes, disruptions, and shifts will be examined, and accompanying skills will be developed such as career and learning agility, growth mindset, career recalculation, and overall professionalism. Graded or Pass/No Pass option.

COUN A135**3 Units (54 lecture hours)****Principles of Effective Parenting****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU

Designed for students who are interested in improving parenting skills and promoting healthy functioning in the context of all relationships. The course focuses on developing healthier interpersonal relationships that ultimately increase self-awareness and self-esteem which are essential to effective parenting and personal success. Graded or Pass/No Pass option.

COUN A170**1 Unit (18 lecture hours)****College Major Search****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

Course is designed to facilitate students' exploration and selection of a college major. Students will examine and apply a decision making process in identifying their academic interests and develop an educational plan based on a major selection. This course may also be offered online. Graded or Pass/No Pass option.

COUN A199**0.5-3 Units (9-54 lecture hours)****Topics In Counseling****Grading Mode:** Pass/No Pass**Transfer Credit:** CSU.

Present, discuss, and study personal development issues. Introduce student to campus resources. Topics will change each semester. Offered on a pass-no pass basis only.

COUN A205**1 Unit (18 lecture hours)****Transfer Success Seminar****Grading Mode:** Pass/No Pass**Transfer Credit:** CSU.

The course is designed to help Transfer Opportunity Program students develop the skills necessary to navigate the transfer process. Topics include career selection and academic planning from a transfer perspective, overview, of potentially complex transfer issues and transfer admissions representative speakers as well as financial planning and fund acquisition for transfer students. Student success strategies will be further developed, with emphasis on new skills and characteristics including emotional intelligence, educational grit, independence, and behavioral change. A comprehensive educational plan for transfer will be completed as part of this course. Graded or Pass/No Pass option.