

COUNSELING (COUN)

COUN 1 Introduction to College

1 Unit (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 18

Higher education and the college experience including orientation to college and higher education resources. Explores degree and transfer requirements, factors in educational decision-making, educational planning.

COUN 1H Introduction to College - Honors

1 Unit (Degree Applicable, CSU, UC)

UC Credit Limitation

Lecture: 18

Prerequisite: *Acceptance into Honors Program.*

Higher education and the college experience including orientation to college and resources. Explores degree and transfer requirements, factors in educational decision-making, and educational planning. May not receive credit for both COUN 1 and COUN 1H.

COUN 2 College Success Strategies

3 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 54

Strategies and techniques to be a successful college student including self-management, study habits, campus resources, career exploration and educational planning. Develop skills necessary to reach educational and career goals.

COUN 5 Career and Life Planning

3 Units (Degree Applicable, CSU, UC)

Lecture: 54

A systematic approach to self-exploration related to the career and life planning process, including identification of values, interests, skills, personality and self-management style. Develop decision making and goal setting skills and identify barriers to success. Explores and evaluates careers and job search techniques.

COUN 7 Introduction to the Transfer Process

2 Units (Degree Applicable, CSU)

Lecture: 36

Advisory: *Eligibility for ENGL 1A or ENGL 1AH or ENGL 1AM or AMLA 1A*

Exploration of transfer admissions procedures, major requirements and academic planning. Explore four-year institutions' academic programs, support services, financial aid, and potential transition challenges to assist students in making informed decisions related to transfer. Off campus assignments are required.

COUN 20 Introduction to Peer Mentoring

2 Units (Degree Applicable, CSU)

Lecture: 36

Group experience with interpersonal communication and approaches to student to student peer mentoring. Provide opportunities to develop skills with a variety of communication styles that include open expression, active listening, and feedback.

COUN 51 Introduction to Career Exploration

1 Unit (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 18

Introductory career planning course designed for students who want assistance in making informed career decisions. A variety of assessments, inventories, and computer generated information will be used to help students explore careers and majors.

COUN 54 Student Success for Single Parents

3 Units (Degree Applicable)

Lecture: 54

Identify behavior patterns that influence student success. Develop skills and strategies to be a successful single parent college student. Topics include communication, assertiveness, conflict resolution, goal setting, decision making, time management, educational planning, career assessment, college resources, self-advocacy, and building a strong support system.