

COUNSELING

Counseling (COUN)

COUN 10 - College Success (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 17 hours lecture

This short-term course provides students with tools necessary to increase academic and life success including college expectations, resources, facilities, requirements, and educational planning. The course provides a clear understanding of the AA/AS degrees, certificates, and transfer to CSU, UC, and private universities; schedule building; student services; school policies; and college culture. Portions of instruction may be offered online; may also be offered fully online.

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: COUN 10, COUN 50, COUN 51 combined: Maximum credit, 1 course

GE Credit: MPC E2 Career Exploration

COUN 50 - Making College Count (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course integrates theories related to personal growth, learning techniques, critical and creative thinking, and problem solving that provide academic and career success. The course addresses various topics: evaluating personal learning styles, priorities in use of time, financial management, cultural diversity, health maintenance, study strategies, stress management, identification of values and goals, assertiveness, and successful use of campus resources and services. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: COUN 10, COUN 50, COUN 51 combined: Maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E2 Career Exploration

COUN 51 - Career and Life Planning (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course provides students with a thorough study of career development, academic goals, and life planning. It includes assessment tools for identifying personality type, clarifying interests, skills, and values, and establishing college majors and careers. Students develop a portfolio that includes labor market information, decision-making skills, and coping strategies. The course addresses psychological and social issues that impact career and life choices. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: COUN 10, COUN 50, COUN 51 combined: Maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E2 Career Exploration

COUN 59 - Study Skills for Success (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 17 hours lecture

This course is designed to help students at all academic levels to improve their study skills in time management, goal-setting, lecture and textbook note-taking, textbook reading, exam preparation, and test-taking to increase their academic success. Portions of instruction may be offered online; may also be offered fully online.

Credit transferable: Transfers to CSU

GE Credit: MPC E2 Career Exploration

COUN 71 - Career Assessment and Exploration (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 17 hours lecture

This course is designed to help students determine an appropriate career, major, or job choice. Self-assessment activities such as vocational surveys, personality assessments, work values, skill identification, decision making, and goal setting may be used. Students have an opportunity to explore careers and gain a better understanding of career options. They research careers and college majors in order to make informed choices. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Credit transferable: Transfers to CSU

GE Credit: MPC E2 Career Exploration