

# WORK EXPERIENCE

- Workforce Essentials, Certificate of Achievement
- Workforce Skills, Certificate of Completion

## Work Experience Enrollment Limitation

Current employment or internship placement is required to participate in some WORK courses. Visit the MPC Work Experience website to learn more about work experience opportunities and requirements.

### WORK 96 - Professional and Essential Skills (2 units)

*Letter Grade (LG) Only • Total hours: 34 hours lecture*

Enhance your employability and excel in your career by focusing on developing the critical skills demanded by employers across diverse industries. Interactive exercises and real-world applications will help you develop these essential skills. Learn how to self-manage your career, adapt to organizational culture, master the art of networking, and build social capital with managers and mentors. Prepare to meet the demands of your chosen career, make a positive impact in your workplace, and enter your professional journey with confidence. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL C1000*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC 7.2 Career Exploration*

### WORK 97 - Service Learning Work Experience (0.5 units)

*Letter Grade (LG) Only •*

Learn through action by combining classroom insights with hands-on community service. Experience this unique opportunity to enact real change within your community while simultaneously developing valuable skills and knowledge that will elevate your personal and professional growth. You may collaborate directly with local non-profit organizations, community groups, or social enterprises to tackle genuine issues and contribute to impactful projects. Harness the skills required to solve real-world challenges, nurture a sense of social responsibility, and cultivate a profound commitment to civic engagement. An internship or volunteer position consisting of 51 hours of unpaid work experience per unit is required.

*Advisory: Completion of or concurrent enrollment in ENGL C1000*

*Enrollment limitation(s): Current employment or internship placement and instructor approval required to participate.*

*Repeatable: Repetition allowed for work experience education courses*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC 7.2 Career Exploration*

### WORK 98 - Exploratory Work Experience (0.5 units)

*Letter Grade (LG) Only •*

Venture into the world, gain hands-on experience, and uncover your passions and career interests. Step out of the classroom to gain valuable insights that will fuel your career aspirations. Develop practical skills and make informed decisions about your future academic path, using this journey of exploration and self-discovery as a guide. A job, internship, or volunteer position consisting of 51 hours of paid or unpaid work experience per unit is required.

*Advisory: Completion of or concurrent enrollment in ENGL C1000*

*Enrollment limitation(s): Current employment or internship placement and instructor approval required to participate.*

*Repeatable: Repetition allowed for work experience education courses*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC 7.2 Career Exploration*

### WORK 99 - Career-Focused Work Experience (0.5 units)

*Letter Grade (LG) Only •*

Bridge academic learning and real-world application by gaining practical experience in your chosen field of study. This immersive experience is tailored to enhance your employability. Actively engage with industry professionals, apply theoretical knowledge to real-world scenarios, and cultivate the essential skills needed for a successful career. By participating in a professional journey, you will be poised to make a seamless transition from academia to the workforce, well-prepared and confident in your abilities. A job, internship, or volunteer position consisting of 51 hours of paid or unpaid work experience per unit is required.

*Advisory: Completion of or concurrent enrollment in ENGL C1000*

*Enrollment limitation(s): Current employment or internship placement and instructor approval required to participate.*

*Repeatable: Repetition allowed for work experience education courses*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC 7.2 Career Exploration*

### WORK 495 - Beyond the Classroom (0 units)

*Pass/No Pass (P/NP) Only • Total hours: 17 hours lecture*

Learn essential networking skills and strategies to unlock the potential of professional connections within a chosen academic and career pathway. Develop transferable skills crucial for career advancement, including communication, relationship-building, and strategic networking techniques. Tap into professional networks, enhance career prospects, and scale professional growth effectively. Ideal for those looking to bridge the gap between academic learning and professional success. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL C1000 or ENGL 1A*

*Repeatable: Noncredit*

### WORK 496 - Professional and Essential Skills (0 units)

*Pass/No Pass (P/NP) Only • Total hours: 34 hours lecture*

Enhance your employability and excel in your career by focusing on developing the critical skills demanded by employers across diverse industries. Interactive exercises and real-world applications will help you develop these essential skills. Learn how to self-manage your career, adapt to organizational culture, master the art of networking, and build social capital with managers and mentors. Prepare to meet the demands of your chosen career, make a positive impact in your workplace, and enter your professional journey with confidence. Portions of instruction may be offered online; may also be offered fully online.

*Repeatable: Noncredit*

**WORK 499 - Career-Focused Work Experience (0 units)**

*Pass/No Pass (P/NP) Only •*

Bridge academic learning and real-world application by gaining practical experience in your chosen field of study. This immersive experience is tailored to enhance your employability. Actively engage with industry professionals, apply theoretical knowledge to real-world scenarios, and cultivate the essential skills needed for a successful career. By participating in a professional journey, you will be poised to make a seamless transition from academia to the workforce, well-prepared and confident in your abilities. A job, internship, or volunteer position is required. This noncredit course can be scheduled in increments of 26, 51, 102, 153, or 204 hours.

*Enrollment limitation(s): Current employment or internship placement and instructor approval required to participate.*

*Repeatable: Noncredit*

*Repeatable: Repetition is allowed for occupational work experience up to a total of 16 units (Title 5, Section 55253)*