

# COUNSELING/GUIDANCE (COUNS)

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## **COUNS 1 1 units** **Orientation for College Success** **18 hours lecture**

Grading: letter grade or pass/no pass.

This course is recommended for all students and is designed to orient them to the college environment and educational opportunities in a holistic manner. The course contains an introduction to the principles of student development theory, student conduct, academic procedures, policies, goal setting, educational planning, and college and student support services. Students will learn the various academic opportunities of higher education in California, pursue academic major explorations, and develop a tentative educational plan to achieve personal and academic goals.

Transferable to both UC and CSU; see counselor for limitations

## **COUNS 2 3 units** **Making a Difference with Mentoring** **54 hours lecture**

Grading: letter grade or pass/no pass.

This is an experiential course where students explore the altruistic principles and techniques of transformative mentoring. Emphasis is placed on objective problem solving and the development of effective attending skills. Students evaluate mentoring, first year experience, and student development theories with the goal of promoting the academic and psychosocial factors that contribute to college and life success. Campus and community resources will be discussed and explored.

Transferable to CSU Only

## **COUNS 7 3 units** **College and Professional Success** **54 hours lecture**

Grading: letter grade.

Students will compare and analyze student development theories for the purpose of defining internal and external obstacles to career and academic success. Throughout the course, students will practice, apply and evaluate integrative exercises related to academic achievement, self-exploration, career development and professional growth and development.

Transferable to CSU Only

## **COUNS 48 1 units** **Career Exploration** **18 hours lecture**

Grading: letter grade or pass/no pass.

This course is designed for students who are undecided about their career and/or educational goals. It provides an introduction to a career decision-making model, including personal assessment, self-understanding, career and labor market research, integration of information and goal setting. The course emphasizes one's self-description as it impacts career choices.

Transferable to CSU Only

## **COUNS 49 2 units** **College Study Techniques** **36 hours lecture**

Grading: letter grade or pass/no pass.

This course is designed to teach students the important strategies for academic success and how to be confident college students. Course content will cover specific techniques and methods on effective time management, note taking, critical thinking skills, life skills, textbook reading and test taking skills. Students will identify their own individual learning styles through self-assessment and presented learning theories. Topics will be presented as a practical and applicable approach to specific strategies for gaining academic competency and achieving self-confidence for academic success.

Transferable to CSU Only

## **COUNS 49A 1 units** **College Study Techniques** **18 hours lecture**

Grading: letter grade or pass/no pass.

This is an introductory course designed to teach students important strategies for academic success. Course content will cover specific techniques such as effective time management plan, note taking skills, textbook reading and test taking skills. Students will identify their own learning styles and important factors to college success through self-assessment and interpretation.

Transferable to CSU Only

## **COUNS 50 3 units** **Career Planning and College Success** **54 hours lecture**

Grading: letter grade or pass/no pass.

This course presents a reflective model of the career planning process that integrates theory and practice applicable in a variety of situations over an individual's life span. Applying psychological, sociological, and physiological concepts, students will explore, identify, and establish personal, career, and educational goals. Students will be empowered to take charge of their academic and career decisions through the integration of career development and educational planning process. Topics include: intensive career investigation; assessment of interests, personality, skills, values, and other personal qualities that coincide with educational planning and career identification; application of college readiness; decision-making; time management; goal setting; learning and life management strategies; application of career and lifespan development theory; and resume development, job search and other career building techniques.

Transferable to both UC and CSU; see counselor for limitations

**COUNS 650 0 units**

**Career Planning and College Success**

**54 hours lecture**

Grading: non graded.

This course presents a reflective model of the career planning process that integrates theory and practice applicable in a variety of situations over an individual's life span. Applying psychological, sociological, and physiological concepts, students will explore, identify, and establish personal, career, and educational goals. Students will be empowered to take charge of their academic and career decisions through the integration of career development and educational planning process. Topics include: intensive career investigation; assessment of interests, personality, skills, values, and other personal qualities that coincide with educational planning and career identification; application of college readiness; decision-making; time management; goal setting; learning and life management strategies; application of career and lifespan development theory; and resume development, job search and other career building techniques.

**COUNS 800 1 units**

**Employment Skills and Self Concept**

**18 hours lecture**

Grading: pass/no pass.

This is an introductory course designed to assist students in understanding personal qualities in relationship to life and career skills required to succeed in the 21st Century world of work. The goal is for students to recognize the required essential skills for finding employment in today's world and keeping it. Course topics include personality assessment of strengths and weaknesses, recognizing strengths and self-worth, developing job search skills, and developing a career or employment search portfolio.

**COUNS 855 0.5 units**

**Strategies for Academic Success**

**9 hours lecture**

Grading: pass/no pass.

This course is designed for students who have been scholastically dismissed from Long Beach City College and will focus on developing strategies and skills to improve status. Topics to be covered will include the policy definition of Academic and Progress Probation as well as dismissal and the readmission process, approaches to dealing with obstacles to success and possible solutions, review of student support services, academic resources and services, goal setting, strategies for academic success, and educational planning leading to student success.

**COUNS 898A 0.5 units**

**EXP. Educational Planning**

**9 hours lecture**

Grading: pass/no pass.

This course is designed to provide students with an in depth understanding of the components and importance of educational planning. Students will receive an overview of certificates, graduation and transfer requirements. Upon successful completion of this course, students will develop an individual student educational plan (SEP) reflecting their educational goal. This course is strongly recommended for first-time students with declared majors.