



COUN 110 - Career/Life Plan Course Outline

Approval Date: 05/12/2022

Effective Date: 08/12/2022

SECTION A

Unique ID Number CCC000309746

Discipline(s) Counseling

Division Counseling

Subject Area Counseling

Subject Code COUN

Course Number 110

Course Title Career/Life Plan

TOP Code/SAM Code 4930.10 - Job-Seeking/Changing Skills / E - Non-Occupational

Rationale for adding this course to the curriculum Updating course objectives and content to reflect what is happening in the classroom and to meet CSUGE Area E guidelines. This course will assist students who are exploring their career options, goals and related college majors.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education On-Campus
Mode of Instruction Hybrid
Entirely Online

SECTION B

General Education Information:

CSU GE Area E: Lifelong Understanding and Self-Development:

E - Lifelong Understanding and Self-Development

Approved on:Fall 2021

SECTION C

Course Description

Repeatability May be repeated 0 times

**Catalog
Description2**

- H. Explain how personal, social and cultural beliefs and workplace trends affect career choice
- I. Understand the critical examination of self and how to integrate career choice with lifestyle preference
- J.

1. Reading and writing assignments from the text book or from online resources such as www.eureka.org
2. Research projects, for example: Research occupations that correspond to one's assessment results; research different occupations within a specified industry; research college majors that correspond to one's assessment results.
3. A final portfolio project. For example: A job search portfolio consisting of a current sample application, resume, references, skill samples, etc.
4. A final oral presentation, for example: Knowledge and experienced gained from job shadow or informational interview assignment.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1. Read from the section on Informational Interviewing. Upon completion, students will write five questions for an informational interview.
2. Read on human development and career development theory. In groups, discuss the different stages of development and where one currently finds themselves in these developmental stages.

B. Writing Assignments

1. Conduct a research paper on a career or college major choice. The paper will include labor market information, a summary of the student's self assessments, and a reflection of their decision making process.
2. Write a formal resume based on a target job or career objective. The resume will include a summary of work experience and college education as it relates to the objective.

C. Other Assignments

A variety of career assessment instruments