

COUNSELING (COUN)

COUN 010 Career and Life Planning**3unit(s)**

Hours: 3 Lecture/Discussion

Equivalent Course: COUN 100

An introduction to career and life planning, including the survey of interests, skills, values, personality traits, past experiences, and life stages. Students will develop an educational and career plan using gathered self-information, career research and planning, and decision-making strategies with an awareness of the impact of psychological, sociological and physiological factors related to career and lifelong satisfaction and development over a lifetime.

COUN 025 College and Life Success**3unit(s)**

Hours: 3 Lecture/Discussion

Equivalent Course: COUN 125

This course covers the exploration of physiological, psychological and sociological factors that impact college and lifelong learning, personal growth and development, well-being, and overall success. Topics include self-awareness, academic awareness and resources, learning processes and styles, health and wellness, effective communication in a diverse setting, and financial literacy.