

# COUNSELING (COUN)

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**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 a comprehensive 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.