

COUN A120: CAREER DECISION MAKING/ACCELERATED

Item	Value
Curriculum Committee Approval Date	02/09/2022
Top Code	493010 - Career Guidance and Orientation
Units	2 Total Units
Hours	36 Total Hours (Lecture Hours 36)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Pass/No Pass (B)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> CSU E1 Lifelong Understanding (E1)

Course Description

An accelerated class designed for students who are uncertain about their educational-occupational plans. Career inventories are used along with non-test data to evaluate occupational choices. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Apply career inventory results and other learning activities to determine needs, values, interests, personality traits, and skills to identify possible career choices.
2. Decide on a career or educational goal based on self-assessments, activities, and occupational research and create a short and long term educational/ career plan to reach that goal.
3. Demonstrate logical career decision-making.

Course Objectives

- 1. Identify and clarify personal values as they relate to careers.
- 2. Identify and clarify their career related interests as they apply to occupations.
- 3. Identify strengths and develop a career plan that uses those strengths.
- 4. Identify weaknesses and develop a career plan that reduces them.
- 5. Develop short-term occupational goals.
- 6. Articulate goal statements.
- 7. Prepare written or oral presentations on their career choices.
- 8. Articulate how goal statements will be put into action.
- 9. Consider contingency plans for potential barriers to goals.

Lecture Content

1. Introduction to the Career Planning Process a. Self-assessments b. Awareness of your role in the world of work c. What is a career 2. Plan-Based Decision Making Process a. Developing a pattern of making positive decisions b. Reviewing the consequences of your decision making process c. Motivating yourself to be successful 3. Assessments a. Interests b. Personality c. Skills 4. Interpreting the Results of the Assessments/Inventories a. Integrating the results of each inventory into the Career Planning Process b. Developing Occupational Perspective Lists based on the results of each inventory c. Worker Trait Groups 5. How to Conduct Occupational Research 6. Campus Resources a. Career Library b. Job placement c. Internship Academy 7. Values Clarification a. How values relate to career choices b. Integration of values into the Career Planning Process 8. Goal Setting a. What are goals b. Developing short and long-term goals c. Incorporating personal, emotional, and intellectual goals into the life-time career planning process 9. Developing a Plan a. Review, analysis and intergrade personal data b. Incorporate the knowledge and skills learned to successfully navigate the life-time Career Planning Process

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

1. Lecture and explanation of topics, terms, and concepts. 2. Overhead transparencies or PowerPoint presentations are consistently used to enhance the lectures. 3. Current and recent newspaper, magazine, and/or journal articles and other forms of media are discussed in class to reinforce the lecture and emphasize the relevance of the discipline. 4.

Videos are presented to students. 5. Students work cooperatively during in-class exercises. These exercises are designed to reinforce and enhance the material covered in class, as well as aiding the instructor in evaluating the learning process. 6. Students take handouts home to study.

Reading Assignments

Students will spend approximately one hour each week reading assigned text(s), handouts, and web resources.

Writing Assignments

Students are required to work towards a final exam or project in which they analyze and integrate the information they gathered about themselves and the world of work. The writing assignments in the course will constitute roughly one hour per week.

Out-of-class Assignments

Students will spend approximately two hours per week on assignments outside of the class, including discussions, reflections, handouts, assessments, and other relevant assignments.

Demonstration of Critical Thinking

1. Participation based on attendance, contribution, and the completion of all assignments and projects. 2. Final Evaluation based on all material discussed or assigned during class meetings.

Required Writing, Problem Solving, Skills Demonstration

Students are required to do a final exam or project in which they analyze and integrate the information they gathered about themselves and the world of work.

Eligible Disciplines

Counseling: Master's degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelor's degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Master's degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Fralick, Marsha. Career Success, 3rd ed. Dubuque, IA: Kendall Hunt Publishing Company, 2021 Rationale: .

Other Resources

1. Occupational Information Network (O*NET). (2010). O*NET resource center. Retrieved from <http://www.onetcenter.org/orverview.html> 2. Various state, national, and international career research databases and resources. Licensed products and assessment tools from our Orange Coast College Career Center. Syllabus and supplemental material provided by the instructor.