

COUN G152: PLANNING FOR HEALTH SCIENCE, NURSING AND KINESIOLOGY

Item	Value
Curriculum Committee Approval Date	11/17/2020
Top Code	493013 - Academic Guidance
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

This course is an extensive overview of strategies for academic and career success within the broad perspective of psychological, sociological, and physiological theories. Emphasis will be placed on person-environment fit, values, needs and goals, motivation, skill development for career readiness, and development of worldview related to the broader society. It introduces students to a successful college and transfer experience through an examination of the various program options and requirements. Students in this course will explore higher education and career options throughout the lifespan. This course is recommended for students in their first semester interested in majors in the Health Sciences, Nursing, and Kinesiology. Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Examine self-identity as it relates to professions and the larger society.
3. Analyze effects of careers on personal and physical health throughout the lifespan.
4. Identify strategies for overcoming challenges in the academic and career environments.
5. Apply theoretical models of decision making to the process of selecting a major and career within the Health Science, Nursing and Kinesiology pathway
6. Classify core competencies essential for academic and career success.

Course Objectives

- 1. Distinguish between the various programs and majors to assist in identifying appropriate academic program of study to meet career objectives.
- 2. Critically examine the development of self-identity as it relates to academic and career choice.
- 3. Assess values and interests to determine appropriate academic and career fit.
- 4. Identify core competencies associated with successful completion of educational and career goals.
- 5. Examine career cultures within the context of the organization and larger society.
- 6. Demonstrate critical thinking and decision-making skills as they apply to life-long learning strategies for career and personal development.
- 7. Identify methods for maintaining personal and emotional health across the lifespan.

Lecture Content

Overview of Higher Education Benefits of higher education Ties to larger society benefits Core college competencies Academic policies, terminology, and services Information Literacy Higher Education Frameworks Types of programs and degrees Segments of higher education Identifying transfer institutions and programs of study Campus climates Admission and degree requirements Transferable vs. articulated Decision Making and Self-Discovery Sociological Theories Brown s Value Based Theory Bandura's Social Cognitive Theory Happenstance Learning Theories Psychological Theories Super s Lifespan Theory Holland s Person-Environment Fit Gardner s Theory of Multiple Intelligences Goal setting and values exploration Connecting Majors to Career Pathways Traditional and non-traditional career options within pathway Alignment of personal values to pathway and career outcomes Self-evaluation and goal setting Career Skills within the Pathway Self-identity and career identity Motivation and overcoming setbacks Mindfulness, resilience and grit Emotional Intelligence Communication and conflict management Soft skills and transferable skills Networking and mentorships within pathway careers. Internships and service learning within the pathway Careers in the Pathway through the Global Perspective I ntegration of self into work cultures Work as a subset of the larger society Diversity in the workforce Long term career development and retraining Self-Branding and Attribution Theory Work / Life Planning Work / life balance Physiological Theories General Adaptation Theory as it applies to stress management Lazarus Transactional Theory of Stress and Coping Healthy work environments Hardiness Lifelong planning for personal growth Profession and impact on mind and body across the lifespan Retirement planning

Method(s) of Instruction

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

Instructional Techniques

Lecture, discussions, research, video, film, biographies, individual presentation, and group projects

Reading Assignments

Chapters and excerpts from coursework within the chosen pathway. Use of online and print resources to understand academic requirements for successful completion of academic goals. Online and printed academic and research journals.

Writing Assignments

Research assignment that assesses campus resources relevant to student success. Goal setting activity tying academic goals to career preparation. Written papers and reflections on campus and workplace climates and cultures. Reflective essays related to course topics.

Out-of-class Assignments

Conduct program research to determine which educational program meets the student's goals. Create an academic plan that outlines strategies for choosing a program of study. Research at least two career pathways related to student's intended program of study.

Demonstration of Critical Thinking

Analyze systems of higher education in California and influences on choice of educational and career pathway. Identify core competencies associated with persistence and completion of academic goals. Analysis of self-identity and fit within various workplace environments.

Required Writing, Problem Solving, Skills Demonstration

Report on at least two career pathways related to intended major. Identify educational goals and appropriate transfer patterns based on career pathways. Apply theoretical models of decision making to the process of selecting a major, transfer institution, or alternative training programs.

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 Harrington, C.. Doing What Works! Student Success in College, 3rd ed. Middlesex, NJ: Cengage Publishing, 2019 2. Required Alcala, C; Diamond, N., Fong, N., Putnam, K., Portillo, Y. . Academic and Career Pathways, ed. OER-Creative Commons, 2021

Other Resources

1. GWC College Catalog 2. Other college/university catalogs as appropriate to student's research/goals 3. College/university program websites 4. Transfer based websites such as www.assist.org 5. Computerized and online career resources