

COUN G200: COLLEGE STUDENT IDENTITY DEVELOPMENT

Item	Value
Curriculum Committee Approval Date	11/19/2024
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)

Course Description

This course examines the formation and identity development through a lens of student development and personal growth. Major emphases of study will be on identity development, theoretical foundations of self and others, motivation, self-regulation, inequality, social belonging, and human agency. Concepts drawn from counseling and educational psychology, collective and cross-cultural contexts, and a sense of belonging within higher educational and social structures. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Assess self-concepts to formulate a personal identity.
3. Analyze differences between self-concept and self-identity in a social context.
4. Formulate cognitive and behavioral aspects of self to develop a positive mindset.

Course Objectives

- 1. Analyze theoretical frameworks for developing an identity status.
- 2. Examine self-concept and self-esteem to improve academic success.
- 3. Evaluate methods of motivation and self-regulation to improve resilience.
- 4. Construct a comprehensive self-identity using central concepts from the course.

Lecture Content

Aspects of identity Erikson's theory of psychosocial development Marcia's Ego Identity Status Tajfel's theory of Social Identity Chickering's

Theory of Identity Development Phinney's Model of Ethnic Identity Renn's Ecological Theory of Mixed Race Identity Baxter-Magolda's Model of Epistemological Reflection Collective, cross-cultural and societal contexts to identity Yosso's Cultural Community Wealth model Self-categorization theory The need to belong Self-concept Schemas Actual self, ideal self, and ought self Personal discrepancies Self-esteem Rogers' humanistic theory of personality Temperament styles Parenting style Motivational theories Humanistic theories, Maslow's hierarchy of needs Behavioral theories and extrinsic motivation Cognitive theories and intrinsic motivation Self-regulation Cognitive restructuring Values clarification Kohlberg's theory of moral development Learning and education as cultural values Agents of socialization Bronfenbrenner's ecological theory Relationships with self and others Role of educational institutions Constructing a student identity Emotional intelligence Multiple intelligences Yosso's cultural wealth model Intercultural communication Forging a new identity Meaning-making Self Authorship (Baxter Magolda) Human agency

Method(s) of Instruction

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

Reading Assignments

Students will read from assigned textbook, handouts, and online content.

Writing Assignments

Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, short answer exercises and exams. Each student will identify problems or obstacles that hinder their academic success and identify and explain techniques, skills, or resources that can be used to solve these issues.

Out-of-class Assignments

Students will complete out of class assignments. Assignments will include a variety of reflections, worksheets, self assessments and chapter exercises related to weekly class content.

Demonstration of Critical Thinking

Critical thinking will be assessed through a variety of methods including written papers, exams, and class projects that will incorporate course materials. The course readings will allow students to analyze and interpret complex theories related to the construction of an individual's identity through an intersectional and self-authored framework. In-class discussions will be based on course readings, and allow for the application of those theories to real-world scenarios, fostering critical analysis and comparison of concepts. Out-of-class assignments, such as reflection papers and research projects, will inspire students to connect course concepts and formal theories to their lived experiences and conduct an examination of those frameworks to their individual lives. Exam essays and online discussion boards serve as a foundation for students to articulate and compare their unique perspectives with others to gain a deeper understanding of how identity is personalized and unique to individuals and critically evaluate different viewpoints.

Required Writing, Problem Solving, Skills Demonstration

Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, and short answer exercises and exams. Each student will identify the multiple identities

that they hold through a series of activities and assessments, then develop a self-authored narrative.

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 Killam, W.K. Degges-White, S. College Student Development, ed. Springer Publishing, 2017 Rationale: Most recent publication 2. Required Osunkoya, L. Multiple Overlapping Truths: A Mixed Race Identity Development Workbook, ed. Neither/Both LLC, 2023 Legacy Textbook Transfer Data: Most recent publication 3. Required Nevzlin, I. The Impact of Identity: The Power of Knowing Who You Are, ed. Independent Publisher, 2019 Rationale: Low cost novel

Other Resources

1. Journal Articles and other handouts for student use