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Student Success (STSU) 1018 Career and Major Exploration (1 Unit)
[formerly Psychology 49, Psychology 1518]

Prerequisite: None

Hours and Unit Calculations:

16 hours lecture. 32 Outside-of-class-hours. (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course offers instruction in self exploration to make decisions about career and major options at Taft College. The course focuses on values and the decision-making process. A systematic examination of the various aspects of career alternatives is presented. Personal awareness will be explored as it relates to career choice. Not open to students who have successfully completed PSYC 1518.

Type of Class/Course: Degree Credit

Text: None

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student should be able to:

1. identify their personal, educational, and vocational goals,
2. identify their interest(s) and value systems and be aware that these change over the span of a lifetime,
3. identify duties performed by the occupation, the work environment of that occupation, the typical education and training needed to enter the occupation,
4. demonstrate decision-making skills and techniques in terms of career choices, and
5. demonstrate their ability to gather, analyze, and utilize materials and information in the career planning process.

Course Scope and Content:

- Unit I Introduction
 A. Who am I
 B. The Difference in a Job Verses a Career
- Unit II Self-Awareness and Values
 A. Past Actions and Influences
 B. Defining Core Values



- Unit III Self-Assessment: The Value of Self-Assessment Instruments
 - A. Personality Types
 - B. Emotional Intelligence
 - C. Multiple Intelligences

- Unit IV Translating Values into Goals (Defining goals)
 - A. Long and Short Term Goals
 - B. Evaluation Values and Goals

- Unit V Reviewing Your Decisions
 - A. Career and Major Planning
 - B. Decision Making Techniques

- Unit VI Getting Specific about Career Alternatives
 - A. Exploring Major and Career Alternatives
 - B. Careers-and Occupation-Research Tools

- Unit VII Reviewing Your Career Development
 - A. Examine the Outside Influences
 - B. Examination of the Educational and Career Plan

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Problem solving activity or exercise
5. Written work

Methods of Instruction:

1. Class discussion
2. Interest inventories
3. Journal entries
4. Interview with persons in field of student's interest

Methods of Evaluation:

1. Substantial writing assignments, including:
 - a. essay exams
 - b. reading reports
 - c. written homework

3. Other examinations, including:
 - a. multiple choice
 - b. matching items
 - c. true/false items



Supplemental Data:

TOP Code:	493010: Guidance
SAM Priority Code:	E: Non-Occupational
Distance Education:	Online; Offline
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	2: Stand-alone
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	E: Credit By Exam
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline	Counseling