

Human/Career Development

**ACADEMIC
COUNSELING**

Folsom campus - 916-608-6500
El Dorado Center - 530-642-5645
Rancho Cordova Center - 916-255-0717

Folsom Lake College Human/Career Development courses are designed to assist students with recognizing their full potential through developing self awareness, educational management and lifelong independent career planning skills. Instruction includes obtaining skills necessary to succeed in college and make positive and productive work/life decisions.

Highlights

- Understanding of how changes in the workplace impact career change and lifelong transition
- Obtain knowledge and skills needed to succeed in college
- Career exploration and research to assist with career planning and decision making
- Awareness of skills and competencies required for effective and competitive workplace performance
- Addresses balanced lifestyle concepts and their relationship to job satisfaction and work/life success
- Support strategies for those with learning disabilities

Human Career Development (HCD)

HCD 81 DIAGNOSTIC ASSESSMENT .5 UNITS

Prerequisite: None

Hours: 9 hours LEC

Assessment of learning strengths and weaknesses to determine eligibility for Learning Disability Program services, using guidelines mandated by the California Community College system. Graded on a credit/no credit basis.

HCD 123 STUDY STRATEGIES AND TECHNIQUES 3 UNITS

Prerequisite: None

Hours: 54 hours LEC

This course is designed for student with learning challenges who want to improve their academic skills and learn specific study skills and strategies. Students will have an opportunity to develop and improve techniques for textbook reading, note taking, and test taking. They will learn strategies for time management, memory improvement, and test preparation, as well as critical thinking and organization in written expression. In addition, they will be able to discover their own learning styles and choose individually tailored, appropriate combinations of study strategies and techniques. The course includes familiarization with relevant campus resources as well as the Internet and off-campus information resources. This course is not transferable to UC/CSU. This course is open to all students but is designed and particularly helpful for students with learning problems and a variety of disabilities.

HCD 132 CAREER EXPLORATION 1 UNIT

Prerequisite: None

Hours: 18 hours LEC

The purpose of this course is to help the entry level college student gain insight into the career planning process. Topics covered include self assessment of values, skills, and personality factors relevant to life planning. Students will learn how to balance career and personal life when making career decisions, become skilled in the use of career information resources, understand the nature of the changing labor market, and when appropriate, acquire job hunting skills.

HCD 310 COLLEGE SUCCESS 3 UNITS

Prerequisite: None.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This comprehensive course is designed to assist students in obtaining the skills and knowledge necessary to reach their educational objectives. Topics include: motivation and discipline, memory development, time management, communication skills, career planning, transfer options, study skills, and personal issues commonly reported by college students. The course is recommended for new students and others who can benefit.

HCD 318 TRANSFER: MAKING IT HAPPEN 2 UNITS

Prerequisite: None.

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course provides a comprehensive study of the university transfer process as it relates to community college students. Topics include an overview of higher education, transfer admission requirements, college research, major selection, transfer resources, student support services, transitional issues, and the college application process.

HCD 330 LIFE AND CAREER PLANNING 1 UNIT

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC

This course is a comprehensive approach to life and career planning based on extensive measurement of aptitude, interests, personality type, values, and skills. Personal and career goals will be formulated using career research and decision making strategies. Course topics will include changing career trends and job search techniques.

HCD 335 CAREER DEVELOPMENT 3 UNITS

Prerequisite: None.

Course Transferable to CSU

Hours: 54 hours LEC

This course provides a comprehensive approach to life and career planning based on extensive measurement of career development theories, interests, skills, personality types and values. Personal and career goals are developed. Course topics include career research, resume and cover letter development, interviewing strategies, decision making, and time management strategies. Students will be required to purchase additional class materials.

HCD 495 INDEPENDENT STUDIES IN HUMAN/CAREER DEVELOPMENT 1-3 UNITS

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

HCD 499 EXPERIMENTAL OFFERING IN HUMAN/CAREER DEVELOPMENT .5-4 UNITS

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

HCD 1000 SUPERVISED TUTORING 0 UNITS

Prerequisite: None

Hours: hours LAB

This course offers individualized tutoring designed to assist students to increase their success in college courses. Students may enroll for support of more than one college course per semester. Content will vary depending upon the adjunct course. Attention will be given to essential study skills and utilization of campus learning resources. May be repeated in subsequent semesters.