

COUNSELING (COUNS)

COUNS 012 Service-Learning: Personal and Career Development 3 Units

This course will guide students through a journey of self-discovery, reflection, inquiry, action, and career exploration while learning about becoming civically engaged global citizens. Students will develop greater interpersonal skills, cultural sensitivity, and stress-management skills through their community service. Strategies for lifelong personal and career success will pull from Habits of Minds, Growth Mindset, Grit, and Mindfulness theories.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

COUNS 013 Career Planning 3 Units

This course assists students with career/major selection. Students will identify personal interests, abilities, goals, values, and lifestyle preferences. Students will examine career trends and opportunities, employment outlook and the nature of today's workplace. Students will learn about personal and professional planning as it relates to careers through job search techniques, resume writing, interviewing, career building and realistic decision making.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

COUNS 014 College Success 3 Units

This course surveys effective study skills and methods by contrasting ineffective study habits with techniques that maximize learning and memory. Emphasis is on promoting healthy changes in lifestyle that manage stress, improve health and overall well-being. Techniques to change behavior such as setting goals, managing time, increasing concentration, and controlling procrastination are practiced. Lecture topics include effective listening and note-taking skills, textbook reading, marking and vocabulary systems, memory strategies, and research paper methods using library resources. This course orients students to transition to college course expectations and procedures.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

COUNS 018 Planning an Educational Future: EVC to SJSU 1 Unit

This course is designed to assist students who have applied to San Jose State with their transition from EVC to San Jose State University. Students will actively plan the steps for this transition. Students will tour the SJSU campus, become aware of its various academic and non-academic resources and meet with faculty and staff from SJSU. Students will do basic career/major exploration, learn about California's higher education system, and prepare educational plans. Field trip may be required.

Lecture Hours: 1 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU Degree Applicable: AA/AS
CSU GE: None IGETC: None District GE: None

COUNS 510 Bridge to College 0 Units

This course is designed to help first-time college students transition to college by preparing them academically, socially, and personally. Topics will include fostering a growth mindset for college, debunking college myths, setting goals, and communicating in a college environment.

Lecture Hours: 3 Lab Hours: None Repeatable: Yes Grading: N
Open Curriculum: No prerequisite, corequisite or levels
Transfer Status: None Degree Applicable: NC
CSU GE: None IGETC: None District GE: None