



Basic Course Information

Semester:	Spring 2021	Instructor Name:	Veronica S Figueroa
Course Title & #:	COUN 100	Email:	veronica.soto@imperial.edu
CRN #:	20845	Webpage (optional):	
Classroom:	Online Canvas	Office #:	Building 100
Class Dates:	2/16/2021 to 06/12/2021	Office Hours:	By online appointment only
Class Days:	Online	Office Phone #:	760-355-6263
Class Times:	Online	Cell/Text Phone	760-355-6263
Units:	3	Class Format:	Online via Canvas

Course Description

This comprehensive course explores the issues and tasks related to personal and career development over the lifespan. By applying psychological, sociological, and physiological principles, students will utilize the career planning process to begin to prepare effectively for work in the 21st century global economy. Topics include assessment of interests, personality characteristics, transferable skills, and work values, career exploration, and decision-making strategies. Job search preparation includes development of a resume, cover letter, and interviewing skills. Prepares new and re-entry students to explore, identify, and integrate career and life planning goals. Emphasis is placed on the importance of actively managing one's career to achieve success in all life roles. (CSU)

Course Prerequisite(s) and/or Corequisite(s)

None

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify career options with emphasis on individual personal interests, abilities, and values. (ILO1, ILO2, ILO4, ILO5)
2. Appraise the perception of the "world of work" and develop an understanding of the process that ensures successful identification and obtainment of a specific major/degree and employment/career.(ILO1, ILO2)
3. Appraisal of acquired skills that recognize the methodology and techniques for creating opportunities for successful career planning. (ILO1, ILO2)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Compare and contrast the assumptions and implications of major career development.
2. Identify theories including stages of career development, tasks appropriate to each stage and subsequent

implications for adjustment and career choice over the lifespan. Students will examine the significance of self-concept related to career planning.

3. Identify and analyze interests, personality characteristics, preferred skills, and work values and integrate into career decision-making.
4. Assess current workplace trends including global and technological changes and the resulting implications for career planners, while developing and enhancing career/life resiliency and physiological/psychological wellness over the lifespan to thrive in the new global economy.
5. Research and evaluate detailed occupational and industry information utilizing computerized and web-based career information systems and informational interviews.
6. Compare and contrast positive and negative decision-making strategies and apply the principles of decision-making to formulation of career goals.
7. Identify and analyze psychological and sociological influences on career decision-making.
8. Evaluate potential psychological, sociological, and cultural barriers to achievement of career goals and strategies for overcoming obstacles.
9. Design a career development action plan with specific short-term objectives and long-term goals with completion time frames.
9. Plan the components of an effective job search.
10. Construct a purposeful resume and persuasive cover letter emphasizing specific achievements and skills that meet employer needs.
11. Demonstrate an understanding of the dynamics of the interviewing process in a mock interview.
12. Identify and evaluate physiological and emotional aspects of stress and coping strategies for effective stress management to enable self-awareness, personal growth and balance between mental, social, and spiritual aspects of health.
13. Explore and assess aspects of health and wellness including nutrition, exercise, sleep, relaxation, and development of social networks to understand their impact on career/life resiliency.
14. Reflect on one's own time management skills and explore effective time management strategies to achieve goals.
15. Apply the principles of career management to one's own life, recognizing that it is a lifelong process requiring ongoing evaluation and reprioritizing of values to incorporate all life roles into a healthy work/life balance.

Textbooks & Other Resources or Links

OER: Open Educational Resources Free Textbook below click on link:

- [*Blueprint for Success in College and Career*](#) by Dave Dillon (Links to an external site.)
- [*BluePrint for success in College and Career: Decision Making*](#) by Dave Dillon (Links to an external site.)
- [*California Community College's MyPath \(CCCMYPATH\)*](#) (create login)

Course Requirements and Instructional Methods

We will be using Canvas to conduct this class online.

Course Grading Based on Course Objectives

1. Completion of all required assignments
2. Determination of a career choice/program of study, an informed declared major, and an education plan (which are incorporated in the 5-year plan)
3. Total Points: Grades will be solely on Points with weekly Discussions, Assignments, Quizzes and Final

90% = A

80% = B

70% = C

60% = D

50% = F

Homework Assignments:

- Assignments are due on Sunday's by 11:59 pm. No late assignments accepted. Stay on top of your weekly assignments to maximize what you get out of the course. YOU are the subject of this class, so it should be fun experience of self- discovery and planning for your future. You begin with having an A in class, so, complete all assignments to maintain grade.
- This class focuses on engaging activities, participation, interaction, self-reflection and communication, thus completing all assignments is critical to your success.

Course Policies

Attendance:

- A student who fails to attend the first Discussion Assignment of a class and does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. *Should readmission be desired, the student's status will be the same as that of any other.* Student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, Missing the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as excused absences.

Classroom Etiquette:

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the

instructor.

- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Academic Honesty:

- **Plagiarism** is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question. Anyone caught cheating will receive a zero (0) on the exam or assignment and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct.
- Acts of cheating include, but are not limited to the following:
 - plagiarism
 - copying or attempting to copy from others during an examination or on an assignment;
 - communicating test information with another person during an examination;
 - allowing others to do an assignment or portion of an assignment
 - use of a commercial term paper service .

Work Based Learning

Work-based learning (WBL) allows students to apply classroom content in professional settings while gaining real-world experiences. These opportunities will provide you with a deeper, more engaging and relevant learning environment. This semester, I will be offering the following WBL activities in order to provide you with the opportunity to explore Private/Out of State College Universities Available for IVC students and Money Matters with your Financial Aid.

WBL Activity Name	WBL Activity Description
WBL Activity 1: IVC Career Center	Attend IVC Career Student Center Workshop on how to get "Find A Major" and How to use Assessments
WBL Activity 2: Professional Career Research	Researching three or more industries and Career Professionals using various techniques
WBL Activity 3: Creating Resume & Cover Letter	Attend Workshop on how to create the best resume & cover letter (Career Student Center Presentation
WBL Activity 3: Applying for Jobs	At the end applying for at least 3 jobs using techniques learned in class using online tools



IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Week	Activity, Assignment, and/or Topic
Week 1	Getting Started/Syllabus/Course Policies/Course Road Map/ Getting Started Quiz
Week 1 & 2	Passion & Goals, College & Career Readiness Assessing Personality & Values Knowing the Difference Between Job & Career Week 2: WBL#1: IVC Career Student Center (How to find a Major) Workshop
Week 3	Selecting a Major WBL#2: Research 3 or more Industries/Career Professionals
Week 4	Networking (PDCA & Career Networking)
Week 5	Career Choice: <i>What Makes You a Great Fit?</i>
Week 6	Create Resume/Cover Letter WBL#3: Presentation on Creating a Resume/Cover Letter Workshop
Week 7	I know my career choice...Now What?
Week 8	Apply for a Job WBL#4: Applying for Employment Presentation Using Online Tools
Week 9 & 10	Networking by participating in Campus Student Life, Socializing and Culturally
Week 11 & 12	Self-Care as an Efficient Employee
Week 13	Beyond Tuition (Money Matters)
Week 14	Reassessing Personality & Values Part 2
Week 15	All Chapter Review (WBL#2 Due)
Week 16	Final
	Tentative Schedule, subject to change without prior notice