

Counseling

Program Description

These courses are designed to assist students in making successful adjustment to college, develop academic and career plans and goals, acquire learning skills, obtain job-seeking skills and employment, and develop interpersonal skills for life and work.

Associate Degree

Not offered in this discipline.

COUN 007

3.0 Units

College Study Techniques

Course Advisory: Eligibility for English 001 and SCC minimum Math standard. This course provides an exploration of the intellectual, psychological, physiological and sociological factors that impact lifelong learning, well-being and success. Topics include: value of education and student responsibility; psychology of student attitudes, motivation, behaviors and self efficacy; critical thinking and effective study strategies; health issues and lifestyle choices; relying on others in a diverse world; effective written and oral communication; time management, campus and community resources; transfer and educational planning. Students will be required to purchase a current Solano College catalog. *Three hours lecture.*

COUN 050

3.0 Units

Career—Life Planning

Course Advisory: Eligibility for English 001 and SCC minimum Math standard. This course is designed to help students demonstrate an understanding and appreciation of the impact and significance of career choices on the social, psychological and physiological experiences throughout the life span. This course is also designed to help students identify their interests, skills, values and personality traits (self-assessment profile), conduct career research and exploration, and learn current job seeking skills. Students will analyze the relationship between themselves, their life choices and the ongoing process of career planning and self-development throughout the life span. *Three hours lecture.*

COUN 055

3.0 Units

Valuing Diversity

Course Advisory: Eligibility for English 001 and SCC minimum Math standard. An examination of the complexities of interpersonal relationships among several cultures in our society including self-concept, values, beliefs, communication and lifestyle. This course will invite exploration of individual cultural perception in order to promote respect for differences and to develop a sense of community. Examination requirements include written essays and critical papers. *Three hours lecture.*

COUN 058

3.0 Units

Life Management

Course Advisory: SCC minimum English standard. A survey of the areas of life which influence decision-making. Students are introduced to areas of human development (emotional, intellectual, physical, and social) which influence decision making. They will analyze and evaluate differences in values, motivation, and goals. Includes introduction to financial, time and stress management, and communication skills. Requires written papers and problem-solving exercises. *Three hours lecture.*

COUN 062

3.0 Units

Helping Skills: Creating Alliances & Facilitating Change

Course Advisory: COUN 083, Eligibility for English 001 and SCC minimum Math standard. An introduction to the basic helping skills that enable the student to build an alliance, effect change and empower others within a multicultural society. A helping model is introduced and helping skills such as attending, active listening, demonstrating empathy, assessment and referral are discussed, role played and applied in an experiential manner to a number of common challenges. In addition, the pertinent legal and ethical guidelines of the professional helping relationship are presented, discussed and applied throughout the course. *Three hours lecture.*

Counseling

COUN 064A

Practicum I

Prerequisite: COUN 062, HS 051, HS 053. *Course Advisory:* Eligibility for English 001 and SCC minimum Math standard. The first of a two-course sequence in a supervised Human Services practicum experience at an approved agency or educational setting. In order to develop and apply culturally sensitive and ethically sound helping skills, students will work a minimum of 100 hours and participate actively in a two hour weekly seminar. Placement at most sites will involve a criminal background check. *Two hours lecture, six hours by arrangement.*

COUN 064B

Practicum II

Prerequisite: COUN 064A. *Course Advisory:* HS 055; Eligibility for English 001; SCC minimum Math standard. The second semester of a two course sequence in a supervised Human Services Practicum, required for Human Services majors. Students will further develop culturally and ethically competent helping skills as they continue to work in their approved site or work in a new approved site. Students will continue to hone and apply more advanced and educationally informed helping skills. This additional 100 hours in an approved site and its supporting 2 hour weekly seminar, will meet the Human Services certificate and Associate degree requirement and will help students further clarify their potential for a longer range educational and career path in Human Services, Social Work or Counseling. Practicum Sites often require students to pass a criminal background check. *Two hours lecture, six hours by arrangement.*

COUN 068

University Transfer Success

Course Advisory: SCC minimum English and Math standards. This course provides students with a concrete plan for understanding and succeeding in transferring to a four-year college or university. Topics include the following: Major selection; college options; application processes; academic preparation and individual education plans. *Four hours lecture (4-week course).*

4.0 Units

COUN 083

Applied Psychology

Course Advisory: Eligibility for English 001. This course is an applied approach to understanding the fundamental concepts of psychology as they relate to daily life. Topics include examining methods of psychology, stages of personality development, personal learning, relationships, values, communication, motivation, emotions, lifestyle, and attitudes. Concepts will be introduced to foster the student's understanding of his/her own personal development and life endeavors. Students will learn problem solving techniques by addressing real life concerns and developing solutions. Theories and applications will be applied across a diversity of settings. *Three hours lecture.*

3.0 Units

COUN 088

Math, Engineering And Science Achievement (MESA) Enrichment

Course Advisory: SCC minimum English and Math standards. This course assists students in acquiring the knowledge and skills necessary to reach their educational goals in mathematics, engineering and science-related fields. Topics to be covered include: strengths assessment; math and science study skills; transfer preparation and career strategies. Students will synthesize and compare and contrast information to draw conclusions on course topics. *One hour lecture.*

1.0 Unit

COUN 098

Performance Enhancement

Course Advisory: SCC minimum English and Math standards. Performance enhancement explores the psychological, social and physiological factors influencing optimal performance in life's endeavors including academics, performing arts, sports, interpersonal and business relationships. Performance enhancement topics include self care, life balance, confidence, arousal management, motivation, goal attainment, concentration, positive self talk, commitment, uses of imagery and visualization, active listening and demonstrating empathy. Students will design and apply their own Personal Performance Plan to a variety of performance arenas. *Three hours lecture.*

3.0 Units

Counseling

COUN 101

Orientation For College Success

Course Advisory: Completion of Solano Assessment testing and possession of all relevant academic records and other test results and transcripts, including SAT, ACT, AP and IB and SCC minimum English and Math standards. This short-term course provides an in-depth orientation to college and the required initial student education plan. It seeks to maximize the new student's successful experience by introducing Solano College's student support services, certificate, associate degree and transfer preparation requirements, and the essential personal motivators for college success. Students will provide their academic records e.g. high school and college transcripts, assessments and tests such as SAT/ACT/AP/IB which will assist them in creation of the initial education plan. Two hours lecture (1-week course).

0.5 Unit

COUN 102A

Time Management & Goal Setting

Course Advisory: SCC minimum English and Math standards. This course introduces goal setting and time management techniques such as analyzing time usage, prioritizing and developing a schedule to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently. NOTE: Not open for credit to students who have completed COUN 007 with a minimum grade of C. Four hours lecture (2-week course).

0.5 Unit

COUN 102B

Test Taking, Test Anxiety & Memory

Course Advisory: SCC minimum English and Math standards. This course introduces test taking, test anxiety and memory concepts and techniques to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently. Note: Not open for credit to students who have completed COUN 007 with a minimum grade of C. Four hours lecture (2-week course).

0.5 Unit

COUN 102C

Study Systems

Course Advisory: SCC minimum English and Math standards. This course introduces note-taking, reading and study environment concepts/strategies and identifies attitudes and learning styles to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently. Note: Not open for credit to students who have completed COUN 007 with a minimum grade of C. Four hours lecture (2-week course).

0.5 Unit

Tutoring

TUTR 050

Tutoring Practicum

Prerequisite: Completion with a minimum grade of B in the subject to tutor, instructor recommendation, permission of Tutoring Center personnel after verification of prerequisites, and concurrent assignment as a Tutoring Center or in-class tutor. Provides supervised practice in tutoring, examines the basics of learning principles, communication, listening skills, effective tutoring techniques and is required for all students who work or volunteer in the Tutoring Center. Eight hours lecture (1-week course).

0.5 Unit

TUTR 500

Supervised Tutoring

Prerequisite: Recommendation by the course instructor or a counselor, permission of the Tutoring Center Supervisor to verify prerequisite, and concurrent enrollment in course or courses in which tutoring assistance is being requested. Provides academic support through content reinforcement and course-related materials. Peer tutors are assigned to individuals or small groups; the tutoring will take place in the Tutoring Center and the tutoring sessions are supervised by a credentialed instructor. This is an Open Entry/Open Exit course.

Non-Credit