

Reviewed By: P. Brown
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Revised by: Victoria Herder
Reviewed by: Candace Duron
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Student Success (STSU) 1018 Career and Major Exploration (1 Unit)
[formerly Psychology 49, Psychology 1518]

Advisory: Eligibility for English 1000 and Reading 1005 strongly recommended

Total Hours: 16 hours lecture

Catalog Description: This course offers instruction in self exploration to make decisions about career and major options. 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. This course is offered on a Pass/No Pass basis only. Not open to students who have successfully completed PSYC 1518, PSYC 1519, or STSU 1019.

Type of Class/Course: Degree Credit

Text: Bendat, William, Diane Sukiennik, and Lisa Raufman. *Taft College Career Development. USA: Pearson, 2015. Print.*

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 suitable areas of the world of work,
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. Research Careers

- 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
5. Audio-visual presentations

Methods of Evaluation:

1. Substantial writing assignments, including:
 - a. essay exams
 - b. reading reports
 - c. written homework
2. Skill demonstrations, including:
 - a. class performance
 - b. field work
3. Other examinations, including:
 - a. multiple choice
 - b. matching items
 - c. true/false items