



COURSE OUTLINE : ST DV 125

D Credit – Degree Applicable

COURSE ID 002102

Cyclical Review: May 2019

Revision: October 2021

COURSE DISCIPLINE : ST DV
COURSE NUMBER : 125
COURSE TITLE (FULL) : Career Planning
COURSE TITLE (SHORT) : Career Planning
ACADEMIC SENATE DISCIPLINE: Counseling

CATALOG DESCRIPTION

ST DV 125 is a course that helps students choose a career goal by assessing and analyzing personal values, aptitudes, skills, interests, and traits and relating them to career areas. Decision-making strategies are taught and a tentative career plan is developed.

CATALOG NOTES

Note: This course is offered only as Pass/No Pass.

Total Lecture Units:1.00

Total Laboratory Units: 0.00

Total Course Units: 1.00

Total Lecture Hours:18.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 18.00

Total Out-of-Class Hours: 36.00

Recommended Preparation: ENGL 100 or ESL 141.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
2	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
3	ESL	141	Grammar And Writing IV	demonstrate control of verb tenses in active and passive voice, gerunds and infinitives, conditionals real and unreal, adjective, noun, and adverb clauses, and transitional expressions;	Yes
4	ESL	141	Grammar And Writing IV	comprehend multi-paragraph reading passages in textbooks.	Yes

EXIT STANDARDS

- 1 Identify important values, skills and interests;
- 2 rank and determine preferred skills;
- 3 compare and contrast characteristics of at least two occupations related to career preferences;
- 4 select a tentative career goal compatible with one’s values, personality, skills, interests, and goals;
- 5 evaluate and use the career decision making model to focus on occupational choices;
- 6 use the Career Center resources available for research and the important sources of labor market information (reference books, computer databases, etc.);
- 7 evaluate appropriate outside career resources.
- 8 link personality preferences/temperament and interest and how they influence the career decision making process

STUDENT LEARNING OUTCOMES

- 1 examine important values, skills, and interests
- 2 integrate temperament/personality type and characteristics and how they relate to career satisfaction with occupational choice
- 3 compile Career Center resources and apply to an individual career plan.



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	<p>Career and Life Planning</p> <ul style="list-style-type: none"> • Life-long process as interrelated with education and leisure • Goal setting • Stereotypes and barriers • Occupational and work trends in society 	3	0	3
2	<p>Self-Assessment Discussion, Interpretation and Application</p> <ul style="list-style-type: none"> • Work values • Interests • Temperament and personal preferences • Transferable skills 	10	0	10
3	<p>Occupational Research Methods</p> <ul style="list-style-type: none"> • Evaluating labor market comparisons • Use of computer-assisted interactive and data base systems • Understanding the importance of informational interviews • Experiential Education/Internships 	3	0	3
4	<p>Decision-Making Process</p> <ul style="list-style-type: none"> • Ranking needs, using critical and creative thinking • Generating alternatives and options • Synthesizing information • Evaluating outcomes 	2	0	2
				18

OUT OF CLASS ASSIGNMENTS

- 1 completion of all standardized career inventories and surveys;
- 2 information interview career presentations – oral reports to the class;
- 3 completion of all in-class handouts, homework and exercises;
- 4 career research using various career databases;
- 5 journal keeping.



METHODS OF EVALUATION

- 1 instructor evaluation of classroom presentations;
- 2 class attendance and classroom participation;
- 3 instructor evaluation of information interview oral report;
- 4 notebook compilation of all completed materials, standardized inventories and surveys;
- 5 comprehensive written final assignment/paper;
- 6 final essay demonstrating a synthesis of all self-assessment materials resulting in a plan of action

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
The Career Fitness Program: Exercising Your Options	Required	Pearson Education, Inc	11	print	Sukiennik, Bendat, and Raufman.	978-0321979629	2015
What Color is Your Parachute?	Required	Ten Speed Press		print	Bolles, Richard.	978-0399581694	2018