The Folsom Lake College human/career development curriculum is designed to assist students with recognizing their full potential through developing self-awareness, educational management, and lifelong independent career planning skills. Instruction includes obtaining skills necessary to succeed in college and make positive and productive work/life decisions.

### Highlights

- Understanding of how changes in the workplace impact career change and lifelong transition
- Obtain knowledge and skills needed to succeed in college
- Career exploration and research to assist with career planning and decision making
- Awareness of skills and competencies required for effective and competitive workplace performance
- Addresses balanced lifestyle concepts and their relationship to job satisfaction and work/life success
- Support strategies for those with learning disabilities

### Human/Career Development (HCD)

**HCD 123 Study Strategies and Techniques**

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 1</th>
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<tbody>
<tr>
<td>Hours:</td>
<td>27 - 54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
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<tr>
<td>Catalog Date:</td>
<td>January 1, 2020</td>
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This open-entry, open-exit laboratory course is designed to provide a supportive lab environment for students with learning challenges who want to improve their academic skills and learn specific study skills and strategies. In order to pass this pass/no pass course, students enrolled in the course for one unit will need to attend 54 hours. Those enrolled for one-half unit will need to attend 27 hours to pass. Students will work on homework and test preparation for their other classes. In doing so, depending on their needs, students will have an opportunity to develop and improve techniques for textbook reading, note taking, test taking, memory improvement, test preparation, critical thinking and organizational skills in written expression. In addition, they will be able to discover their own learning styles and choose individually tailored, appropriate combinations of study strategies and techniques. This course is open to all students but is designed and particularly helpful for students with learning challenges and a variety of...
disabilities. The course will feature short (approximately 15-minute) study strategies presentations on the topics above. The instructor will supply materials related to these presentations.

**Student Learning Outcomes**

Upon completion of this course, the student will be able to:

- complete assignments for other classes.
- identify and use study strategies for improving test preparation, memorization, test taking, focusing, editing of papers, organizational skills, argumentation techniques, test anxiety reduction, research techniques, citation techniques, and interpretation of prompts.
- advocate for himself or herself and use DSPS program services and accommodations.

**HCD 310 College Success**

**Units:** 3  
**Hours:** 54 hours LEC  
**Prerequisite:** None.  
**Transferable:** CSU; UC (UC credit limitation: 310, HCD 315, HCD 318 and INDIS 313 combined: maximum credit, 3 units.)  
**General Education:** AA/AS Area III(b); CSU Area E1  
**Catalog Date:** January 1, 2020

This comprehensive course is designed to assist students in obtaining the skills and knowledge necessary to reach their educational objectives. Topics include: motivation and discipline, memory development, time management, communication skills, career planning, transfer options, study skills, and personal issues commonly reported by college students. The course is recommended for new students and others who can benefit.

**Student Learning Outcomes**

Upon completion of this course, the student will be able to:

- apply personal skills for college success including, but not limited to note-taking, test taking strategies, memory techniques, time management, physical and psychological wellness that coincides with individual learning styles.
- demonstrate an understanding of the value, purpose and requirements for higher education, matriculation, and transfer.
- recognize values, interests, personality and aptitudes with the goal of major selection and career choice.

**HCD 315 First Year Seminar**
This course is designed for students in their first year of college and provides the opportunity to develop and enhance essential skills needed in order to meet the challenges of higher education. Topics include personal responsibility, motivation, self-management, emotional intelligence, interdependence, resiliency, critical and independent thinking, and information literacy.

### Upon completion of this course, the student will be able to:

- demonstrate an awareness of skills needed to promote success in college and life.
- identify potential barriers to academic success and develop strategies to address them.
- identify personal strengths and areas of development that can enhance one's college experience.
- demonstrate strategies for developing and enhancing physical and psychological well being that can lead to success in college and life.

### HCD 318 Transfer: Making It Happen

| Units: | 2 |
| Hours: | 36 hours LEC |
| Prerequisite: | None. |
| Advisory: | ENGRD 110 and ENGWR 101 |
| Transferable: | CSU; UC (UC credit limitation: 310, HCD 315, HCD 318 and INDIS 313 combined: maximum credit, 3 units.) |
| General Education: | AA/AS Area III(b) |
| Catalog Date: | January 1, 2020 |

This course provides a comprehensive study of the university transfer process as it relates to community college students. Topics include an overview of higher education options, transfer admission requirements, college research, major selection, transfer resources, student support services, and the college application process. Field trips may be required.

### Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an understanding of the value, purpose and requirements for higher education, matriculation, and transfer.
- recognize individual values and interests with the goal of major selection and career choice.
define and identify opportunities for student involvement to include participation in student organizations, support services, internships, and other activities that supplement the undergraduate experience.

HCD 330 Life and Career Planning

| Units:     | 1 |
| Hours:     | 18 hours LEC |
| Prerequisite: | None. |
| Transferable: | CSU |
| General Education: | AA/AS Area III(b) |
| Catalog Date: | January 1, 2020 |

This course is a comprehensive approach to life and career planning based on extensive measurement of aptitude, interests, personality type, values, and skills. Personal and career goals will be formulated using career research and decision making strategies. Course topics will include changing career trends and job search techniques. Supplementary items include the Myers-Briggs Type Indicator and Strong Interest Inventory.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- interpret and appraise their aptitudes, interests, and personality characteristics.
- formulate an academic/occupation plan employing all information gathered.
- identify their values and skills and their relationship to the world of work.
- describe the goal-setting process and apply it to their own life and career planning.

HCD 345 21st Century Workplace Skills

| Units:     | 1 |
| Hours:     | 18 hours LEC |
| Prerequisite: | None. |
| Transferable: | CSU |
| General Education: | AA/AS Area III(b) |
| Catalog Date: | January 1, 2020 |

This course is designed to help students develop the non-cognitive or ‘soft’ skills needed to succeed in today’s changing workplace. Course topics will include the changing global economy, the rise of entrepreneurialism, how to be a competitive job seeker, and the top ten soft skills which include adaptability, analysis/solution mindset, collaboration, communication, digital fluency, entrepreneurial mindset, empathy, resilience, self-awareness, and social/diversity awareness.

Supplementary items may include career/personality assessments that require a fee.
Upon completion of this course, the student will be able to:

- describe changes in the global economy and the modern workforce.
- identify and describe the 21st Century Skills needed to succeed in today’s workforce.
- evaluate career goals and the skills needed to navigate today’s job market.
- describe the concept of self-awareness, their work personality, strengths, and areas to improve.

HCD 375 Service Learning Volunteer Fieldwork

| Units: | 1 - 3 |
| Hours: | 54 - 162 hours LAB |
| Prerequisite: | None. |
| Transferable: | CSU |
| General Education: | AA/AS Area III(b) |
| Catalog Date: | January 1, 2020 |

This course is intended as an opportunity for students to contribute to their community by volunteering with agencies and organizations that provide services to others. Students will learn life and career skills in the process of performing fieldwork off campus, and will have an opportunity to apply academic knowledge and skills gained in college while assisting others in their community. This course is created as a "Pass/No Pass" class only.

Upon completion of this course, the student will be able to:

- apply academic knowledge and classroom skills in the community, and gain greater expertise in vocational and academic areas of interest.
- develop future goals and career plans and engage in life planning activities as a result of gaining practical service learning experience in the community.
- identify and develop a greater understanding of personal interests, skills and abilities, thus allowing the student to contribute to the larger community.
- utilize individual skills, in service to others, through involvement with human service and social service organizations.
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