Human/Career Development

Overview

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.

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Human/Career Development (HCD) Courses

HCD 123 Study Strategies and Techniques

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Prerequisite: None.
Catalog Date: June 1, 2020

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.

HCD 299 Experimental Offering in Human Career Development

Units: 0.5 - 4
Hours: 27 hours LAB
Prerequisite: None.
Catalog Date: June 1, 2020

This course is designed for students with reading, writing and studying difficulties. It will introduce students to assistive computer software and technology that is designed to help with learning problems. The course will be taught in a computer lab environment emphasizing hands-on application. The class will utilize a variety of assistive technology software such as Kurzweil 3000. Skills to be covered include: reading, writing, studying, outlining, highlighting, mind mapping and other computer assisted study strategies. This course may be repeated twice for credit.

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 II(b); CSU Area E1
Catalog Date: June 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.

HCD 315 First Year Seminar

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 II(b); CSU Area E1
Catalog Date: June 1, 2020

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.

HCD 318 Transfer: Making It Happen

Units: 2
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.

**HCD 330 Life and Career Planning**

- **Units:** 1
- **Hours:** 18 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU
- **General Education:** AA/AS Area II(b)
- **Catalog Date:** June 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.

**HCD 345 21st Century Workplace Skills**

- **Units:** 1
- **Hours:** 18 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU
- **General Education:** AA/AS Area II(b)
- **Catalog Date:** June 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.

**HCD 495 Independent Studies in Human Career Development**

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** June 1, 2020

**HCD 499 Experimental Offering in Human Career Development**

- **Units:** 0.5 - 4
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** June 1, 2020