

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.

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

Dean [Dr. Molly Senecal \(/about-us/contact-us/faculty-and-staff-directory/dr-molly-senecal\)](#)

Department Chair [Juan Flores \(/about-us/contact-us/faculty-and-staff-directory/juan-flores\)](#)

Phone (916) 608-6688

Email senecam@flc.losrios.edu (<mailto:senecam@flc.losrios.edu>)

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.

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 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.

Student Learning Outcomes

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

- demonstrate improved reading comprehension.

- apply skills including critical thinking, decision making and analysis to textbooks and class materials.
- design personal study guides for accessing and understanding materials.
- create scanned textbooks and course materials.
- apply outlining, highlighting and mind mapping skills to course materials.

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:	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.

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

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:	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.

Student Learning Outcomes

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:	June 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:	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.

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:	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.

Student Learning Outcomes

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 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

Faculty

Chris Clark

Counselor

Office: FLC Main, Aspen Hall, FL1-169
Email: clarkc@flc.losrios.edu (<mailto:clarkc@flc.losrios.edu>)
Phone: (916) 608-6719

Julie Collier

Work Experience Coordinator

Office: FLC Main, Cypress Hall, FL2-133
Email: colliej@flc.losrios.edu (<mailto:colliej@flc.losrios.edu>)
Phone: (916) 608-6552

Web: [Chris Clark's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/chris-clark\)](#)

Web: [Julie Collier's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/julie-collier\)](#)

Kristina Darr Glynn

Adjunct Counselor

Office: FLC Main, Aspen Hall
Email: [darr-gk@flc.losrios.edu \(mailto:darr-gk@flc.losrios.edu\)](mailto:darr-gk@flc.losrios.edu)
Web: [Kristina Darr Glynn's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/kristina-darr-glynn\)](#)

Juan Flores

Student Success & Support Program Coordinator

Office: FLC Main, Aspen Hall, FL1-40
Email: [floresj@flc.losrios.edu \(mailto:floresj@flc.losrios.edu\)](mailto:floresj@flc.losrios.edu)
Phone: (916) 608-6721
Web: [Juan Flores's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/juan-flores\)](#)

Kellie Funderburg

Adjunct Professor

Office: FLC Main, Aspen Hall, FL1-136
Email: [funderk@flc.losrios.edu \(mailto:funderk@flc.losrios.edu\)](mailto:funderk@flc.losrios.edu)
Phone: (916) 597-0573
Web: [Kellie Funderburg's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/kellie-funderburg\)](#)

Barbara Lewis

Adjunct Professor

Office: FLC Main
Email: [lewisb@flc.losrios.edu \(mailto:lewisb@flc.losrios.edu\)](mailto:lewisb@flc.losrios.edu)
Web: [Barbara Lewis's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/barbara-lewis\)](#)

Cindy Melby-Harada

Adjunct Professor

Office: FLC Main
Email: [melby-c@flc.losrios.edu \(mailto:melby-c@flc.losrios.edu\)](mailto:melby-c@flc.losrios.edu)
Web: [Cindy Melby-Harada's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/cindy-melby-harada\)](#)

Rachel Radekin

Office: FLC Main
Email: [radekir@flc.losrios.edu \(mailto:radekir@flc.losrios.edu\)](mailto:radekir@flc.losrios.edu)
Web: [Rachel Radekin's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/rachel-radekin\)](#)

Lishia Rahman-Jackson

Adjunct Counselor

Office: FLC Main
Email: [rahmanl@flc.losrios.edu \(mailto:rahmanl@flc.losrios.edu\)](mailto:rahmanl@flc.losrios.edu)
Web: [Lishia Rahman-Jackson's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/lishia-rahman-jackson\)](#)

Rachel Silva-Henry

Adjunct Professor

Office: FLC Main
Email: [silvar@flc.losrios.edu \(mailto:silvar@flc.losrios.edu\)](mailto:silvar@flc.losrios.edu)
Web: [Rachel Silva-Henry's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/rachel-silva-henry\)](#)

Melonie Quintell

Administrative Assistant I

Office: FLC Main, Harris Center for the Arts, PAC-2260
Email: [quintem@flc.losrios.edu \(mailto:quintem@flc.losrios.edu\)](mailto:quintem@flc.losrios.edu)
Phone: (916) 608-6621
Web: [Melonie Quintell's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/melonie-quintell\)](#)