

# COUNSELING

*Program Purpose: Counseling Services provides counseling classes that emphasize career development and student success. Also consider courses under College Strategies. Students will work in coordination with a counselor, at appropriate times throughout their education cycle at Moorpark College to:*

- Set initial educational/career/exploration goal and develop an Education Plan prior to completion of 15 credit units.
- Use their Education Plan to select appropriate classes for each semester.
- Prior to the completion of 45 credit units, meet with a counselor to explore options and/or review and/or revise the Education Plan as needed to adapt to developing educational and career goals.
- Access Student Services appropriate to their specific needs at each stage of educational development.

**NOTE:** Some courses may have credit limitations. Refer to the **Credit Limitations** and **UC Credit Limitations** areas or see the UC Transfer Course Agreement (<http://catalog.vcccd.edu/moorpark/transfer-information/transfer-uc/#uctcatext>) page for details.

## COUN M01 Student Success 1 Unit

*In-Class Hours:* 17.5 lecture

Introduces strategies, attitudes and skills that promote academic success. Identifies personal obstacles to academic success with emphasis on study skills, learning styles, time management, procrastination, goal setting, stress management, concentration, adjusting to college, healthy living, and successful relationships. Introduces campus student support resources.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** MC, CSU, and UC: Credit will not be awarded for both the honors and regular versions of a course. Credit will be awarded only for the first course completed with a grade of "C" or better or "P". Honors Program requires a letter grade.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, COUN M23, LS M03 combined: maximum credit, 3 units

**CSU GE-Breadth:** None

**IGETC:** None

## COUN M01H Honors: Student Success 1 Unit

*In-Class Hours:* 17.5 lecture

Introduces strategies, attitudes and skills that promote academic success. Identifies personal obstacles to academic success with emphasis on study skills, learning styles, time management, procrastination, goal setting, stress management, concentration, adjusting to college, healthy living, and successful relationships. Introduces campus student support resources. Honors work challenges students to be more analytical and creative through expanded assignments, real-world applications and enrichment opportunities.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** MC, CSU and UC: Credit will not be awarded for both the honors and regular versions of a course. Credit will be awarded only for the first course completed with a grade of "C" or better or "P". Honors Program requires a letter grade.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, COUN M23, LS M03 combined: maximum credit, 3 units

**CSU GE-Breadth:** None

**IGETC:** None

## COUN M02 Career and Life Planning 3 Units

*In-Class Hours:* 52.5 lecture

Provides a thorough study for career development, academic goals, and life planning. Includes assessment tools for identifying personality type; clarifying interests, skills, and values; and establishing college majors and careers. Addresses psychological and social issues that impact career and life choices. Covers decision-making processes, labor market trends, career research, interviewing skills, and résumé writing.

**Grade Modes:** Letter Graded, Credit by exam, license etc., Student Option- Letter/Credit, Pass/No Pass Grading

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, LS M03 combined: max credit, 3 units

**CSU GE-Breadth:** E

**IGETC:** None

## COUN M03 Orientation to Moorpark College 0.5 Units

*In-Class Hours:* 8.75 lecture

Introduces college services and requirements in order to help students define and achieve their educational goals. Investigates a variety of topics such as: associate degree and transfer requirements, basics of time management, planning a career and major, financial aid and scholarship opportunities, using the college library, and other student services and workshops. Culminates in the development of an individual education plan.

**Grade Modes:** Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** None

**COUN M05 College Strategies 3 Units***Same-As:* COL M01*In-Class Hours:* 52.5 lecture

Develops students' learning strategies for college and life skill success. Examines and practices critical thinking, study methods, learning styles, time management, test preparation and test-taking, and self-regulated learning. Addresses psychological, physiological, and sociological issues that impact the culture of higher education and help prepare students for college readiness.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, COUN M23, LS M03 combined: maximum credit, 3 units

**CSU GE-Breadth:** E

**IGETC:** None

**COUN M10 Student Success: EOPS 1 Unit***In-Class Hours:* 17.5 lecture

Introduces college information, resources, and skills that promote student success. Presents the history of Extended Opportunity Programs and Services (EOPS) and the role of past and current theory on social justice and advocacy that strengthens EOPS. Covers campus resources, and strategies to navigate the college system such as the college catalog, website, portal, and university websites. Provides instruction on educational planning to reach certificate, degree, and transfer goals. Identifies student learning challenges and examines study skill strategies to ensure student success. Offered on pass/no pass basis.

**Grade Modes:** Pass/No Pass Grading

**Field Trips:** May be required

**Credit Limitations:** MC and CSU: COUN M01 or COUN M01H combined with COUN M10, maximum credit, one course.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, COUN M23, LS M03 combined: maximum credit, 3 units

**CSU GE-Breadth:** None

**IGETC:** None

**COUN M20 Self-Paced Career Assessment 0.5 Units***Formerly:* COUN M60C*In-Class Hours:* 8.75 lecture

Introduces online self-assessment tools to identify and prioritize values, interests, skills, and personality attributes in a self-paced format culminating in options for college majors and/or future careers. Includes assignments and activities to help narrow down career options to a manageable size and to strategize next steps congruent with individual goals and objectives.

**Grade Modes:** Letter Graded, Credit by exam, license etc., Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

**COUN M23 PASS Academy I 0.5 Units***In-Class Hours:* 8.75 lecture

Provides PASS (Probation and Student Success) students with strategies, attitudes and skills that promote satisfactory academic progress. Includes personal interest and values assessment, time management, learning styles, career/major exploration, academic probation/dismissal, and student support services.

**Grade Modes:** Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** COL M01, COUN M01, COUN M01H, COUN M02, COUN M05, COUN M10, COUN M23, LS M03 combined: maximum credit, 3 units

**CSU GE-Breadth:** None

**IGETC:** None

## Dean

Khushnor Dadabhoy, Phone (805) 553-4137

## Faculty

Daniel Aguilar, Lydia Basmajian, Eddie Beltran, Chuck Brinkman, Esmeralda Camarena, Pablo Diaz, Jodi Dickey, Jolie Herzig (ACCESS), Trevor Hess, Ashley Lajoie, Letrisha Mai, Kellie Port-Garcia, Giselle Ramirez, Angie Rodriguez (EOPS), Trulie Thompson, Samantha Zaldivar