

PERSONAL GROWTH

The Personal Growth course offerings provide students the opportunity to better understand themselves, institutions, and the work world, with Counseling Faculty as instructor, advisor, and/or facilitator.

***UC Credit Limitation:** PG R100A, PG R100B, PG R101 and PG R102 combined: maximum credit is one course.

Program Student Learning Outcomes

Upon successful completion of this program, students will be able to:

- Formulate academic, career and/or personal goals and create action plan and identifying different student services that will assist them in achieving their goals including developing a Student Education Plan.
- Enhance self-awareness through self-assessment, personality inventories, applying theories of learning, communication, psychology and career development that are relevant to college and life success.
- Demonstrate appreciation and understanding of the importance and influence of social and cultural diversity in academic, career and/or life planning.
- Apply critical thinking and problem-solving strategies to make academic, career and/or personal decisions.
- Demonstrate ability to access college and/or community resources that can assist students achieve their goals.

NOTE: The UC limits enrollment in some courses. See the UC Transfer Course Agreement (<http://catalog.vcccd.edu/oxnard/transfer-information/transfer-uc/#uctcatext>)page for details.

Credit Courses

Noncredit Courses

For more information, contact:

OC General Counseling Department

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