

# COUNSELING

Counseling courses provide students with information and skills needed to take responsibility for and control of their own academic success, explore and develop career, academic and personal goals, and understand the services and requirements to achieve their goals.

## COUN V01 College Success 3 Units

*In-Class Hours:* 52.5 lecture

This course helps students evaluate the social, psychological and physiological factors that influence developing essential life management skills. The course encourages self-exploration of personal responsibility, self-motivation, health and well-being, self-awareness, interdependence, self-management, lifelong learning, as well as learning different resources on campus. Students will explore the history and philosophy of higher education in the U.S education systems and will learn to create a student education plan. Includes an introduction to financial, time and stress management, and communication skills. Requires research papers and problem-solving exercises.

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

**Credit Limitations:** see counselor.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## COUN V02 Career Exploration and Life Planning 3 Units

*In-Class Hours:* 52.5 lecture

This course is designed to help students demonstrate an understanding and appreciation for the impact and significance of career choices on their social, psychological and physiological experiences through the life span. This course is also structured to help students identify their interests, skills, values and personality traits, conduct career research and exploration, and learn current job seeking skills. Students will analyze the relationship between themselves, their life choices and the ongoing process of career planning and self-development throughout the life span.

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

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** B2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## COUN V03 College Orientation 1 Unit

*Formerly:* GW V02A

*In-Class Hours:* 17.5 lecture

This course is designed to provide new students a comprehensive orientation to facilities, programs, services, college policies and faculty at Ventura College. Students will experience a tour of the campus facilities, receive financial aid information, learn about graduation and transfer requirements, and acquaint themselves with the college assessment process and counseling and transfer services.

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

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

## COUN V04 Strategies for Academic Success 1 Unit

*Formerly:* GW V02B

*In-Class Hours:* 17.5 lecture

This course introduces strategies, attitudes, and skills that promote academic success. It also identifies personal barriers to academic success. Topics include time management, test taking, communication skills, study techniques, academic probation and dismissal, learning resource center, financial aid, and other support services available.

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

**Field Trips:** May be required

**Credit Limitations:** see counselor.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

## COUN V05 Exploring Careers and College Majors 1 Unit

*In-Class Hours:* 17.5 lecture

This class is designed for students who are either undecided about their educational or career goals, validating their decisions, or seeking to transition into a new career. Students are guided through a process that focuses on their individual interests, skills, personality and values to aid in the selection of a major, determine a career direction and develop career goals. Students will relate their self-assessment information to possible college major and career choices. Decision-making models and goal setting techniques are examined and will be used to develop short and long term education and career plans.

**Grade Modes:** Letter Graded, 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 Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None