

COUNSELING (INSTRUCTION)

The Counseling Program offers specially designed curriculum to meet the broad psycho-social needs of our diverse student population. Counseling courses provide a gateway to understanding the programs and services offered at Citrus College. Course curriculum addresses the issues of transition to college, educational planning, college success, transfer, career exploration and decision making, student responsibility, and educational goal setting.

Disabled Student Programs and Services

Educational assistance courses (EAC) are non degree applicable credit courses providing academic support to students with disabilities. Educational assistance courses are designed to teach strategies that help students compensate for their disability related educational limitations. They are offered in lecture mode and are graded as pass/no pass.

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Learning Outcomes

This discipline prepares students to do the following:

- Self-advocate to meet academic, personal and career goals by successfully communicating with campus faculty and staff.
- Demonstrate knowledge of skill awards, vocational certificates, associate degrees and transfer options to classify educational goal.
- Achieve academic, personal, and career goals to examine self-esteem and personal awareness by effectively working with the college counselor/instructor through variety of assessments and assigned activities.
- Identify campus and/or community services to appropriately apply them toward educational goals.
- Develop a global appreciation and respect for diversity and cultural differences for the purpose of examining world communities and developing intercultural awareness.
- Demonstrate the ability to identify, analyze, and gather specific information about occupations, career opportunities and trends to increase understanding of the relationship of the student to the economic community and develop career plans.
- Examine topics related to student success so that they can categorize learning styles, personal strengths, and career interests.
- Demonstrate knowledge and proficiency of technology to gain an increased understanding of matriculation and student services through orientations, classroom discussions, presentations, written text materials, website tutorials and assignments.
- Demonstrate proficiency in the application of on-line resources such as career and transfer websites, distance education, library services and self-assessments to meet their academic goal through ongoing guest presentations and assigned research projects.
- (DSPS) Advocate for self by successfully requesting accommodation(s) through documented written and/or oral communication with the instructor to ensure equal access to learning.
- (DSPS) Increase academic self-efficacy by working with a DSPS counselor to formulate realistic goals and select appropriate

educational accommodations as defined by the California Community Colleges' Chancellor's Office that will compensate for academic challenges to create success in the academic environment.

Courses

COUN 101

Career Self-Assessment

1.5 Units (AA/AS; CSU)

27 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

In this course the student will learn to appraise their self-esteem, values, skills and personality, and understand the implication of these factors in the selection of a vocational/educational goal.

COUN 103

Social Media for Job/Internship Search

2 Units (AA/AS; CSU)

36 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

This course will educate students on how to use social media platforms (such as LinkedIn, Facebook, Instagram, and Twitter) effectively in a job or internship search. Students will create a LinkedIn account, digital and traditional resumes and learn how to effectively network and communicate with employers.

COUN 105

Success Strategies for Student Parents

3 Units (AA/AS; UC)

54 lecture hours

Grade Mode: Standard Letter

Strongly recommended: For college student parents and students who participate in the CalWORKs program and/or receive county assistance.

This course is designed to help students who are parents navigate through college. Students will learn to create healthy habits for success by learning how to create nurturing relationships, form a parent alliance and explore self-development topics. This course is also designed to help student parents gain success skills such as time management, goal setting, and educational planning. College and career resources will be viewed through the perspective of a student-parent.

COUN 110

Introduction to Online Learning with Canvas and Enhancing Digital Literacy Skills

3 Units (AA/AS; CSU)

54 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: ENGL 101 or ENGL 101E or ENGL 101H.

This course is designed to assist future or current students interested in taking online classes. Students in this course will learn concepts, tools, and techniques for online learning. Self-motivation theories will be examined. Through self-assessment, online interaction, and exploration of online learning strategies, students will develop an understanding of the skills needed to be successful when engaging in online instruction. Students will also learn an in-depth overview on how to navigate the course management system Canvas. Digital literacy skills will be covered in this class to help students develop the necessary strategies needed to evaluate effective and appropriate use of technology.

COUN 120

Managing Stress and Anxiety for Emotional Well-Being

3 Units (AA/AS; CSU; UC; CSUGE E)

54 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

This course is designed to increase awareness of the effects of stress and anxiety on academic performance and emotional well-being as it relates to college student success. Using a positive psychology perspective, students will explore and develop a variety of practical coping skills and techniques that they can apply in daily life. This includes how to recognize signs of burnout in order to make healthier lifestyle choices, manage emotions, and utilize campus resources for stress reduction and management. Other topics include prevention and management of stressors that are unique to the college experience such as time management, test anxiety, finances, work/life balance, motivation, perfectionism, social stressors, major/career exploration, self-esteem, and interpersonal relationship/family dynamics.

COUN 123

Latina/o Experience and Success in Higher Education

3 Units (AA/AS; Citrus D1; CSU; UC)

54 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

Counseling practices and strategies will be applied to explore factors that contribute to a successful experience in higher education for Latina/o students. This course will foster important dialogue, inspire change, and identify approaches to improve the achievement gap of Latina/o students. Other topics include an examination of the educational experience of the Latina/o community in the United States. This course will assess how the Latina/o cultural experience can affect collegiate success. Emphasis on understanding the background of Latina/o students in relation to current educational conditions and trends will be examined.

COUN 125

Becoming a Master Student-Athlete

3 Units (AA/AS; CSU; UC)

54 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

This course is designed to introduce current or future student-athletes to a successful college and transfer experience. Students in this course will learn how to balance academics and athletics. Athletic regulations including the National Collegiate Athletics Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) transfer requirements will be covered. Time management strategies and goal-setting strategies will be examined to help student-athletes learn how to honor their responsibilities. Students will acquire college success skills, including college expectations, resources, policies, the student-athlete experience, and life after sports. Learning strategies, career information, and awareness of personal development and techniques on improving interpersonal communication will be explored. Definitions and requirements for certificates and degrees, and higher education in California, including transfer process are covered. Student-athletes will learn how to create a preliminary educational plan.

COUN 130**Understanding Addiction****3 Units (AA/AS; Citrus D2; CSU; CSUGE E)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This course offers an exploration of the psychological, sociological, and physical causes and effects of alcohol and drug use and abuse. It provides an overview of the nature of addiction, including theories of substance abuse and identification of signs and symptoms. Students will gain a deeper understanding of the impact addiction has on families, children, and society. The course also delves into public policies and societal attitudes toward alcohol and drug abuse, as well as mental health and drugs. Additionally, it covers the history of alcohol and drug abuse. The course identifies treatment resources, dispels myths about abuse, and discusses the addiction counseling profession.

COUN 142**Careers In Teaching****3 Units (AA/AS; CSU)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

Designed for students considering teaching as a career or for those interested in a class that focuses on issues facing teachers and students in today's schools. Course examines career job searching opportunities, requirements, responsibilities, and rewards in teaching as well as skills needed and problems often encountered in the classroom. Additional focus on educational philosophies and the sociology of education. The course will address the qualities of an effective teacher, components and purposes of an effective professional portfolio, and critical issues in diverse contemporary classrooms. Students will initiate the development of an electronic professional portfolio, and learn about their own learning needs and styles. The course will further require students to complete a field-based assignment requiring observation or an interview with a current educator and or assistance in a school or community agency.

COUN 145**Career/Life Planning****3 Units (AA/AS; CSU; CSUGE E)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

Through personal exploration, occupational research and the study of contemporary work issues, students will increase their understanding of the relationship of the individual to the economic community and develop individual career plans.

COUN 158**Transfer Preparation****2 Units (AA/AS; CSU)****36 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

An in-depth examination of the transfer process from a California Community College to a four-year college or university. The course is designed specifically for students interested in learning about transfer admission requirements, general education patterns, major preparation, transfer application deadlines and financial aid resources available at four-year institutions. Students will be introduced to public, private and out-of-state colleges and universities, including the University of California (UC) and California State University (CSU) systems of higher education. Strategies to cope with transfer shock and anxiety will be explored.

COUN 160**Strategies for College Success****3 Units (AA/AS; CSU; UC; CSUGE E)****54 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

A course designed to give students the opportunity to create and change their habits and vision in order to have a rich, full, and rewarding scholastic life through adoption of positive attitude and critical thinking techniques. The course integrates the intellectual, physiological, social, and psychological aspects of being a college student. Learning strategies will be introduced that can be immediately and continuously applied so that students leave the course with confidence, enthusiasm, and a passion to succeed.

COUN 161**Higher Education Transitional Skills for Student Veterans/Families****3 Units (AA/AS; CSU; UC; CSUGE E)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

A course designed to assist veterans in reintegrating to civilian life using physiological, social and psychological aspects of being a student. This course is also designed to give the veteran student the opportunity to create and change their habits and vision in order to have a rich, full, and rewarding scholastic life through adoption of positive attitude and critical thinking techniques. The course will introduce strategies to increase self-awareness, build confidence, develop leadership and gain informational tools to help achieve successful habits and implement study skills addressing the veteran student's needs. It will provide an essential opportunity to acquire skills applicable to the student's academic program, family life, and employability which will support transition.

COUN 190**Making a Difference with Mentoring****2 Units (AA/AS; CSU)****36 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This is an experiential course where students explore the altruistic principles and techniques of transformative mentoring. Emphasis is placed on objective problem solving and the development of effective attending skills. Students evaluate mentoring, first year experience, and student development theories with the goal of promoting the academic and psycho-social factors that contribute to college and life success. Campus and community resources will be discussed and explored.

COUN 201**My Plan, My Classes, My Degree****3 Units (AA/AS; CSU)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course is designed to introduce students to a successful college and transfer experience. Students will develop a comprehensive Student Educational Plan (SEP) based on individual educational goals and discuss strategies for selecting a major. DegreeWorks will be utilized to create the comprehensive plan. Students will learn about DegreeWorks, an online web-based degree-auditing and tracking tool that enables students to evaluate their academic progress towards completion of the CSUGE, IGETC, Associates Degree's, Certificates, or Skills Award.

COUN 203**Building Grit and Resiliency for Life Long Learning and Career**
3 Units (AA/AS; CSU; UC)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This course will explore how grit, resilience, and mindset contribute to success in college, life and in career planning and goal setting. Students will design a learning and career plan through self-assessment and case studies, leading to changing mindset and enabling life-long learning and growth.

COUN 204**Pathways to Careers in the Social and Behavioral Sciences**
3 Units (AA/AS; CSU)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This course will familiarize students with the Social and Behavioral Sciences associate degrees at Citrus and will also cover requirements for transfer into baccalaureate level majors. Important aspects of Social and Behavioral Science majors as an occupational choice will be covered as well as specific study strategies and resources available to promote student success.

COUN 205**Pathways to Healthcare Careers**
3 Units (AA/AS; CSU)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course explores various careers in allied health and medicine and is organized into five career pathways: Biotechnology research and development, diagnostic services, health informatics, support services, and therapeutic services. This course focuses on assessment, information gathering, and career research in the development of a health care career action plan. Careers include, but are not limited to: EMT, Paramedic/Fire Science, Biotechnology, Medical Lab Technician, Nursing, Pharmacology Technology, Dental Hygiene, Dental Assisting, Respiratory Therapy and Radiologic Technology/Diagnostic Medical Sonography. A separate module will be dedicated to exploring graduate level health care careers such as Medicine (M.D. vs. DO), Optometry, Pharmacy, Chiropractic, Podiatry, Occupational Therapy, Physical Therapy, Audiology/Speech and Language Pathology, Physician Assistant, and Nurse Practitioner. Emphasis is on values clarification, career information, research skills, individual skills assessment, decision making, communication, teamwork, inter-professional education and goal setting specifically in the health care field. The course also covers health care job trends, demand, salary, and education and licensure requirements.

COUN 206**Pathways to Careers in STEM**
3 Units (AA/AS; CSU; UC)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This is an introduction to college course dedicated to presenting tips and techniques that will help increase and maximize performance in Science, Technology, Engineering and Math (STEM) courses. This course will also expose students to various STEM subjects and careers and will delve into the transfer process.

COUN 207**Pathways to Careers in Business and Information Technology/Systems**
3 Units (AA/AS; CSU)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course will introduce students to the main components of identifying a major in business/information technology. Career fields include, but are not limited to, management, marketing, sales, real estate, banking, finance, human resources, database administration, and computer support for business organizations. Through self-assessment students will explore their work interests, personality, skills, values, strengths, and life goals in order to find purpose in their academic curriculum. This course will include career planning, occupational research, and decision-making to formulate a real-world perspective on the local and national opportunities in these fields and the requirements needed to achieve them. Students also gain job search, networking, and interview skills in preparation for an internship search, as well as how to research job trends, salary, employment projections, and educational requirements.

COUN 208**Pathways in Career and Technical Education**
3 Units (AA/AS; CSU)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

A survey of Citrus College career and technical education programs and post-secondary education in California. A survey of career and education programs which will explore career opportunities and discuss career evaluation. The course explores the options and techniques for creating a unique resume, discusses interview strategies, and includes development of a personal education plan. Other topics include self-evaluation, decision-making, goal setting, time and financial management.

COUN 209**Pathways to Careers in Communication, Literature and Languages**
3 Units (AA/AS; CSU)**54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course will familiarize students with the Communication, Literature, and Language programs at Citrus College and will also cover requirements for transfer into baccalaureate level majors. Important aspects of Communication, Literature and Language majors as an occupational choice will be covered as well as specific study strategies and resources available to promote student success.

COUN 212**Valuing Diversity****3 Units (AA/AS; Citrus D2; CSU; UC; CSUGE D; CSUGE E)****54 lecture hours****Grade Mode: Standard Letter**

This course will increase the level of cultural literacy and awareness for students by examining the complexities of interpersonal relationships within the diverse cultures and ethnic groups in our society. Students will examine their attitudes and cultural perceptions, while exploring self-concepts, values, beliefs, communication styles, religion, gender, ageism, and lifestyles in order to increase respect for cultural differences and to develop a sense of community and advocacy. The course will also explore how culture and diversity differences impact the world of work.

COUN 214**Managing Relationships****3 Units (AA/AS; Citrus D2; CSU; CSUGE E)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This course explores human relationships using insights from psychology, sociology, counseling, and communication theory. It covers various types of relationships, including family, friends, romance, and professional. Students will gain self-awareness, interpersonal skills, practical techniques for resolving conflicts constructively, and the ability to cultivate healthier and more harmonious relationships. This course goes beyond theory and empowers students to recognize and analyze their own distinct relational communication styles to shed light on how emotional reactions, perceptions, beliefs, and life experiences profoundly shape our interactions with others. This course is beneficial for those in helping professions and anyone seeking to improve or nurture their connections with loved ones, colleagues, and the broader community.

EAC 085**E-Text Basics****1 Unit****18 lecture hours****Grade Mode: Pass/No Pass**

The course is designed to teach students with text disabilities to access and effectively utilize electronic text (e-text).

EAC 088**Strategies for Stress and Anxiety Management****1 Unit****18 lecture hours****Equivalent to: DSPS 088****Grade Mode: Pass/No Pass**

The course is designed to teach stress management and social emotional learning strategies to students with anxiety related symptoms and how it impacts their thoughts, emotions and behavior.

EAC 090**Empowerment for Students with Disabilities****2 Units****36 lecture hours****Equivalent to: DSPS 090****Grade Mode: Pass/No Pass**

A course designed to facilitate successful transition to the collegiate level for new students with disabilities. Upon completion of this course, students will be better prepared to assert their needs, make decisions, and practice coping strategies pertinent to their unique situation. This course is offered for Pass/No Pass grading only.

EAC 092**Study Skills for Higher Education****2 Units****36 lecture hours****Equivalent to: DSPS 092****Grade Mode: Pass/No Pass**

The course is designed to teach compensatory strategies for students with disabilities as a way to mitigate educational limitations and/or acquire the fundamental study skills necessary to complete their educational goals.

EOPS 210**EOP&S Summer Bridge****3 Units (AA/AS; CSU; UC)****54 lecture hours****Equivalent to: COUN 210****Grade Mode: Standard Letter**

Strongly recommended: For current high school graduates who have been admitted into the EOP&S Summer Bridge program.

As the main component of the EOP&S Summer Bridge Program, this course centers around creating a successful transition from high school to college. Students will create their own plans for college success and beyond by exploring student development theories, issues relevant to first-generation college students, college success skills, and more. This course may require field trips to local universities. Field trip dates will be given in advance.

EOPS 211**First-Generation College Student Seminar****1.5 Units (AA/AS; CSU; UC)****27 lecture hours****Grade Mode: Pass/No Pass, Standard Letter**

This course is designed for students who may be the first in their family to attend college (neither parent or guardian earned a college degree) to build community and learn more about the first-generation college student experience. Students will have the opportunity to investigate and discuss topics such as family/cultural influences, building a support system, leadership development, college success and more.

Programs

Associate Degree

- Educational Teaching Studies (<http://catalog.citruscollege.edu/disciplines/counseling-instruction/educational-teaching-studies-aa/>)