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 & Services
DSP&S courses are non degree applicable credit courses providing educational assistance to students with disabilities. DSP&S courses are designed to teach strategies that help students compensate for their disability related educational limitations. DSP&S courses are offered in lecture mode and are graded as pass/no pass.

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Discipline Website
http://www.citruscollege.edu/academics/programs/coun

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.
• Demonstrate proficiency in the application of online resources such as career and transfer websites, distance education, library services and self-assessments to meet their academic goal.
## Courses

**COUN 101**  
Career Self-Assessment  
1 Unit (AA/AS; CSU)  
18 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 102**  
Career Research  
1 Unit (AA/AS; CSU)  
18 lecture hours  
**Grade Mode: Pass/No Pass, Standard Letter**  
Research is a necessary component to career decision-making. In this course the student will develop an understanding of a wide assortment of career information resources, both written and computer assisted. The focus of this course is to introduce the student to the use of the most recent career related technologies.  

**COUN 145**  
Career/Life Planning  
3 Units (AA/AS; CSU; CSUGE E)  
54 lecture hours  
**Grade Mode: Pass/No Pass, Standard Letter**  
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 156**  
College Planning Today for Tomorrow  
1 Unit (AA/AS; CSU)  
18 lecture hours  
**Grade Mode: Pass/No Pass, Standard Letter**  
A course in helping students transition to college life. Students will receive practical information about college services, effective study habits, and individual educational planning. Emphasis is on college and career decisions as catalysts for growth.  

**COUN 158**  
Transfer Planning  
1 Unit (AA/AS; CSU)  
18 lecture hours  
**Grade Mode: Standard Letter**  
This course provides in-depth information and assistance with the transfer process to four-year colleges/universities. It is designed to enable students to actively participate in planning their educational and career goals by providing information about the process and requirements for transferring from a community college to a university. Lower division major and general education requirements, college/university selection, admission procedures, application deadlines, financial aid and scholarship information are covered.  

**COUN 159**  
On Course to Success  
3 Units (AA/AS; CSU)  
54 lecture hours  
**Grade Mode: Pass/No Pass, Standard Letter**  
Strongly recommended: ENGL 101.  
The subject of this course is SUCCESS... what success is for you personally and how you can achieve it. Students will learn many proven strategies for creating greater academic, professional, and personal success. Guided journal writings will be used to explore these strategies, and as a bonus, students will learn to express themselves more effectively in writing. This course will help students discover how to create a rich, personally fulfilling life. Students are urged to make the most of this course in order to dramatically change the outcome of their lives for the better.  

**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 200**  
Orientation and Educational Planning for Student Success  
1 Unit (AA/AS; CSU; UC)  
18 lecture hours  
**Grade Mode: Pass/No Pass, Standard Letter**  
Strongly recommended: ENGL 101.  
An orientation to Citrus College that includes programs, services, policies, degrees, certificates, transfer requirements, and college culture. Focus will be on strategies needed for academic success and the development of a Comprehensive Educational Plan.
COUN 201
Course Planning with Degree Works
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.

DSPS 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).

DSPS 088
Strategies for Stress and Anxiety Management
1 Unit
18 lecture hours
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.

DSPS 090
Empowerment for Students with Disabilities
2 Units
36 lecture hours
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.

DSPS 092
Study Skills for Students with Disabilities
2 Units
36 lecture hours
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.