

COUN 101: CAREER SELF-ASSESSMENT

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1.5
Total Contact Hours:	27
Lecture Hours :	27
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	54
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

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. 27 lecture hours.

Course Objectives

- Identify and understand his/her preferred and transferable skills, interests, values, personality style, after completing various career activities and assessments
- Identify psychological, sociological, and cultural barriers to career selection
- Formulate a list of compatible career options by researching and using campus resources
- Apply the principles of decision making to career/educational goals and objectives
- Develop a career/educational plan for the implementation and achievement of meeting a primary and secondary career/educational goal.

Major Course Content

1. **Introduction**
 - a. Factors that influence the career decision making process.
 - b. The importance of self-assessment.
2. **Self-Esteem**
 - a. Factors that influence the development of self-esteem.
 - b. How to improve self-esteem.
3. **Values**
 - a. Clarification of values using discussion and values clarification exercises.
 - b. The role of values in assessing career choice compatibility.
4. **Interests**
 - a. Assessing interests using standardized career assessment inventories.
 - b. How interests are expressed through life and work activities.
 - c. Interests as indicators of job satisfaction.
5. **Personality**
 - a. Identify personality characteristics and temperament types using standardized career assessment inventories.
 - b. Personality and temperament theories.
 - c. How personality/temperament influences various life roles.

6. Abilities, Skills, and Aptitudes

- a. Definitions
- b. Identifying abilities, skills and aptitudes using standardized assessment inventories and career exercises.
- c. Matching skills to job requirements.

7. Pulling it all Together

- a. Compiling data obtained from the self-assessment process, and formulating lists of career options.
- b. The next step in the process: Career Research.

Suggested Reading Other Than Required Textbook

Internet and research articles

Examples of Required Writing Assignments

Examine self-esteem, values, interests, personality and abilities and write about how they relate and influence one's choice of career(s) in order to better understand and utilize self-assessment and career research processes.

Examples of Outside Assignments

Analyzing the self-assessment data and formulating a list of compatible career options.

Identify a list of career options as they relate to their self-assessment data. Understanding and utilizing the process of self-assessment and career research.

Analyzing the self-assessment data and formulating a list of compatible career options.

Instruction Type(s)

Lecture, Online Education Lecture