

# COUN 203: BUILDING GRIT AND RESILIENCY FOR LIFE LONG LEARNING AND CAREER

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

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. 54 lecture hours.

## Course Objectives

- Identify and Define Growth Mindset
- Distinguish between a Growth Mindset and a fixed mindset
- Take steps to a growth mindset
- Gain a better understanding of what “grit” is and why it is important.
- Become familiar with how to grow their grit and how they can help others grow their grit.
- Use a growth mindset for continuous learning in your academic and professional career
- Recognize how mindsets shape your growth and development.

## Major Course Content

1. Growth Mindset
2. Grit
3. Self-Assessment - Strengths Quest, MBTI, Holland Code, Skills, Values
4. Emotional Intelligence
5. Career Research
6. Goal Setting
7. Decision Making
8. Career Influences
9. Life Design

## Examples of Required Writing Assignments

Students connect their learning to something that interests them. This can be for any class they are taking, and they can connect their learning to their future careers, their current jobs, a current role they are in, or to a class that interests them. If students are having trouble in one class, but are thriving in another, they will be asked them to connect what they are doing in the class that interests them and ask how they can apply that to the class for which they are struggling. Students can write this assignment, create a short video, or share it in a class discussion.

## Examples of Outside Assignments

Students will complete Carol Dweck's Mindset Quiz and Angela Duckworth's Grit Scale after they watch an entire lesson on grit. That information for students to tell their grit stories via video or in person. Students will then write 10 positive affirmation statements that demonstrate a growth mindset. These statements should be in present-tense and reflect how they will overcome any fixed mindsets they may have or experience as a student.

## Instruction Type(s)

Lecture, Online Education Lecture