

# NC 201: CAREER SELF-ASSESSMENT

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	0
Total Contact Hours:	18
Lecture Hours :	18
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	36
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

## Catalog Course Description

In this course students 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. 18 lecture hours.

## Course Objectives

- Identify and understand student's 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

### Introduction

- Factors that influence the career decision-making process
- The importance of self-assessment

### Self-Esteem

- Factors that influence the development of self-esteem
- How to improve self-esteem

### Values

- Clarification of values using discussion and values clarification exercises
- The role of values in assessing career choice compatibility

### Interests

- Assessing interests using standardized career assessment inventories

- How interests are expressed through life and work activities
- Interests as indicators of job satisfaction

### Personality

- Identify personality characteristics and temperament types using standardized career assessment inventories.
- Personality and temperament theories
- How personality/temperament influences various life roles

### Abilities, Skills, and Aptitudes

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

### Pulling it all Together

- Compiling data obtained from the self-assessment process and formulating lists of career options.
- 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 these 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

Understand and utilize the process of self-assessment and career research.

Analyze the self-assessment data and formulate a list of compatible career options.

Identify a list of career options as they relate to their self-assessment data.

## Instruction Type(s)

Lecture, Online Education Lecture