**Subject:** Counseling 151- Career Exploration and Life Planning

**E-Mail Contact Information:**
lalvarado@riohondo.edu

**Catalog Course Description:**
This course is designed for students who are undecided about their major/career options and opportunities, seeking a career change, making the transition from school to work, want to understand successful workplace behaviors, and/or want to be prepared for the “new” world of work. This course will provide an introduction to life planning concepts as related to the world of work, theories of career development and career/major decision-making. Emphasis is on creating a personal awareness foundation for exploring career and educational opportunities and goal setting. A series of assessments, assignments, and activities will be used to explore human development and career theories, decision-making, life skills, adult workplace competencies, values, interest, abilities, and personality, labor market trends, job-seeking skills and successful workplace behaviors. Students may enroll in Couns 151 or 151A, 151B and 151C as individual one unit courses. All three units must be completed in order to satisfy CSU Area E.

**Student Learning Outcomes:**

1. To define and utilize life skills and workplace competencies needed for success in the workplace and beyond. To be assessed by satisfactory completion of discussions.

2. To discover and integrate the interests, skills, values, and personality traits most important to personally satisfying career choices – To be assessed by the Integration Paper

By logging into Blackboard you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in BP 5500 (Standards of Conduct) and AP 5520 (Student Conduct Procedures) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is **NOT** a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

**Textbook:** Please consult the Bookstore for information at (562) 463-7345 or go to Rio Hondo College Online Bookstore

This course will include regular instructor student contact. Methods of regular instructor student contact include:

1. Weekly assignments and announcements to students.
2. E mail students within 48 hours of question.
3. Contact students via phone.
4. Students will make counseling appointment with instructor as part of class requirement.
5. Assignment feedback on going.
The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Blackboard.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Virtual College website. This will help explain what online classes are like and familiarize you with how the class is laid out. The orientations can be found at: [http://www.riohondo.edu/vc-orientation/](http://www.riohondo.edu/vc-orientation/)

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the [Disabled Students & Programs](http://www.riohondo.edu/vc-orientation/) office at 562-908-3420 for more information.

*Modifications and Disclaimer:* The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.