

CI 125 Plan Reading Technologies (3)
 3 hours lecture
Transfer acceptability: CSU
 A survey of technologies in the construction inspection industry relating to plan reading. Content includes an introduction to construction plan reading; a review of the standard details and specifications used in the San Diego region; discussions on the various roles of the construction and building inspectors; employment opportunities and certifications; an overview of special inspection requirements; construction scheduling; and when and how often inspections should be performed. Content also includes an introduction to California Title 24 including the building, plumbing, electrical, mechanical, California Green Codes, and an introduction to the Americans with Disabilities Act (ADA).

CI 130 CalGreen Codes (3)
 3 hours lecture
Transfer acceptability: CSU
 Emphasizes the proper interpretation of the California Green Building Code and green building technologies. The scope of the course will provide inspectors, designers and contractors with the latest code requirements and national standards to promote sustainable communities. Topics include site planning and development, energy conservation, storm water pollution prevention and basic sustainability concepts.

CI 197 Construction Inspection Topics (.5-3)
 Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Transfer acceptability: CSU
 Topics in Construction Inspection. May be repeated with new subject matter. See Class Schedule for specific topic offered. Course title will designate subject covered.

Cooperative Education (CE)

Contact the Cooperation Education Department for further information.
 (760) 744-1150, ext. 2354
 Office: PBA
 In accordance with Board Policy 4103:

COURSE OFFERINGS

Students may earn a maximum of 16 units in Cooperative Education (CE) in any combination of CE100, CE110, or CE150. CE100 and 150 may not exceed 8 units per semester, and CE 110 may not exceed 6 units per semester

STUDENT QUALIFICATIONS: In order to participate in cooperative work experience education students shall meet the following requirements:

1. Be a legally indentured or a certified apprentice, an intern, volunteer, or a paid employee.
AND
2. Have approval of the Cooperative Work Experience Education academic personnel.
AND
3. Pursue a planned program of cooperative work experience education which, in the opinion of the Coordinator, includes new or expanded responsibilities or learning opportunities beyond those experienced during the previous employment.
AND
4. Attend orientation(s) at the beginning of the semester.

The number of units received each semester for on the job experience will be based on the total number of hours worked each semester or summer session as follows:

- 1 unit - 75 paid hours per semester or session; 60 volunteer hours
- 2 units - 150 paid hours per semester or session; 120 volunteer hours
- 3 units - 225 paid hours per semester or session; 180 volunteer hours
- 4 units - 300 paid hours per semester or session; 240 volunteer hours

CE 100 Cooperative Education (1,2,3,4)
 1, 2, 3, or 4 hours lecture
Transfer acceptability: CSU
 Supervised on the job training for all occupational students.
Note: The Occupational Cooperative Work Experience Program is designed to coordinate on the job training and classroom instruction. Supervised employment is related to the occupational goal of the individual student. Employment may be on or off campus; the student may or may not receive pay, depending on where the work is performed.

CE 110 Cooperative Work Experience-General (2,3)
 2 or 3 hours lecture
Transfer acceptability: CSU
 Supervised on the job training for all students.
Note: The General Cooperative Work Experience Education Program is designed to give job information and experience to those students employed in jobs not related to coursework in school. Employment may be on or off campus; the student may or may not receive pay depending on where the work is performed.

CE 150 Cooperative Education Internship (2,3)
 10 or 15 hours laboratory
Transfer acceptability: CSU
 Students learn major-specific knowledge and skills at an internship site that will enhance employment. Students design and complete an internship project in consultation with their internship advisor and job site supervisor.

Counseling (COUN)

See also Disability Resource

Contact the Counseling Department for further information.
 (760) 744-1150, ext. 2179
 Office: SSC-18A

COURSE OFFERINGS

Courses numbered under 50 are non-degree courses.
 Courses numbered under 100 are not intended for transfer credit.

COUN 45 Basic Study Skills (1)
 1 hour lecture
Note: Open entry/Open exit; Pass/No Pass grading only
 Non-degree Applicable
 Study improvement techniques, time management techniques, memory and note taking skills, and test taking methods.

COUN 48 Overcoming Test Anxiety (1)
 1 hour lecture
Note: Open entry/Open exit; Pass/No Pass grading only
 Non-degree Applicable
 Provides instruction in understanding the sources of test anxiety and the techniques for overcoming it.

COUN 49 Introduction to Financial and Academic Resources (.5)
 ½ hour lecture
Note: Pass/No Pass grading only
 Non-degree Applicable
 Survey of financial and supportive resources available to students including part-time employment. The course content includes an overview of financial aid programs and eligibility requirements, campus support programs, community support services, money management, and educational planning. This course may be used to fulfill the financial aid orientation requirement.

COUN 100 Introduction to Basic Counseling Skills (3)
 3 hours lecture
Transfer acceptability: CSU
 An introduction to the principles and practices of counseling and interviewing. A systematic development of the basic skills essential for effective counseling. Combines informal lecture, videotapes, and role playing interactions. Practicum experience will be required.

COUN 101 Transfer Success (1)
1 hour lecture
Note: Pass/No Pass grading only
Transfer acceptability: CSU; UC
 Provides the necessary strategies for academic success and the research skills essential for developing a comprehensive transfer plan. Topics will include the transfer process, major selection, student support services, evaluating universities, and clarifying educational goals.

COUN 110 College Success (3)
3 hours lecture
Transfer acceptability: CSU; UC
 Provides students with the skills and knowledge necessary to reach their educational goals. Topics include academic learning strategies, college and life skills, diversity awareness and assessment of personal characteristics related to educational success. The role of race, ethnicity, gender, class, sexual orientation and age in higher education and personal identity is a central theme of the course.

COUN 115 Career/Life Planning (3)
3 hours lecture
Note: May be offered on educational television
Transfer acceptability: CSU
 A course designed to motivate the student to take responsibility for the management of his/her life, recognizing the values of planning as a means of coping with uncertainty, and relating work effectively to one's own life.

COUN 120 Quest for Identity and Life Skills (3)
3 hours lecture
Transfer acceptability: CSU
 An exploration of the dynamics involved in the development of the individual who is in search of identity and self-discovery. An examination of one's value and belief system will be studied and compared and contrasted with other American subcultures. Emphasis will also be placed on the role of cultural traditions and practices as well as a set of life skills that will serve to empower one's identity and understanding of self within a multicultural society. Examples of life skills include coping with the physiological effects of stress and anxiety, communicating effectively with multicultural groups, goal setting, emotional development, problem solving, critical thinking skills, and self-esteem.

COUN 148 Managing Stress and Well-Being (3)
3 hours lecture
Transfer acceptability: CSU; UC
 Investigates the sociological, physiological, and psychological sources of stress and well-being across the lifespan. An examination of how the mind-body relationship is affected by personality, thoughts, life events, and messages received from one's culture, family, and society will be studied. Students learn mindfulness and stress reduction techniques that resolve stress and anxiety and promote well-being physically, energetically, emotionally, cognitively, socially, and behaviorally.

COUN 165 Career Search (1)
1 hour lecture
Note: May be Open entry/Open exit; Pass/No Pass grading only
Transfer acceptability: CSU
 Designed to assist students in selecting a career goal. This will be accomplished by identifying the students' career interests, personality type, work values, and transferable skills as they relate to occupations.

COUN 170 Major Search (1)
1 hour lecture
Note: May be Open entry/Open exit; Pass/No Pass grading only
Transfer acceptability: CSU
 This course is designed to assist students to select a major goal and create an educational plan. This will be done by identifying academic interests and through researching career options.

COUN 197 Counseling Topics (.5 - 4)
Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Note: Pass/No Pass grading only
Transfer acceptability: CSU
 Topics in Counseling. See Class Schedule for specific topic covered. Course title will designate subject covered.

Dance (DNCE)

Contact the Performing Arts Department for further information.
 (760) 744-1150, ext. 2316
 Office: PAC-112

Associate in Arts Degrees -

- AA Degree requirements are listed in Section 6 (green pages).
- Dance - Emphasis in Euro-Western Dance
 - Dance - Emphasis in General Dance
 - Dance - Emphasis in World Dance

Certificates of Achievement -

- Certificate of Achievement requirements are listed in Section 6 (green pages).
- Dance - Emphasis in Euro-Western Dance
 - Dance - Emphasis in General Dance
 - Dance - Emphasis in World Dance

Dance - Emphasis in Euro-Western Dance

This Euro-Western Dance Program prepares the student for employment in the field of dance and dance-related professions. Both the degree and the certificate provide students with the basic skills necessary for involvement in community dance activities, such as teaching in recreation centers, YMCA's or YWCA's, private studios; or performing or choreographing for community events. This degree and certificate also prepares dancers for the entertainment industry such as theme park (Disney, Knotts Berry Farm, Legoland, Seaworld, Wild Animal Park), MTV and a range for professional theatrical dance opportunities. Transfer students should consult the four-year college or university catalog for specific requirements or see a Palomar College counselor.

A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Program Requirements

DDNCE 105	Introduction to Dance History	3
DNCE 140	Dance Improvisation I	1
	or	
DNCE 141	Dance Improvisation II	1
DNCE 145	Choreography I	3
	or	
DNCE 146	Choreography II	3
DNCE 165	Production Management	2
DNCE 225	Contemporary Dance Ensemble I	1
	or	
DNCE 226	Contemporary Dance Ensemble II	1
DNCE 280	Student Choreography Production I	2
	or	
DNCE 285	Student Choreography Production II	2

Group I Electives - Ballet/Pointe (Select two courses)

DNCE 115	Ballet I	1
DNCE 116	Ballet II	1
DNCE 210	Ballet III	1
DNCE 211	Ballet IV	1
DNCE 117	Pointe I	1
DNCE 118	Pointe II	1
DNCE 217	Pointe III	1
DNCE 218	Pointe IV	1