

2. Complete no less than seven units (summer session, one course) including cooperative work experience education.

OR

3. While working on the alternate semester plan must have completed 12 units. Six units may be earned during regular or summer session.

AND

4. Have approval of the Cooperative Work Experience Education Coordinator.
5. Have occupational or education goals to which, in the opinion of the Coordinator, the cooperative work experience education will contribute.
6. 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.

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 |

A maximum of sixteen units may be earned in occupational cooperative work experience, not to exceed four units each semester.

COURSE OFFERINGS

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.

CE 105 Job Hunting Techniques (1,2,3)

1, 2, or 3 hours lecture

Transfer acceptability: CSU

Comprises the changing work ethic, updated labor market information, sources of job leads, job opportunities, job search, resume preparation, development of confidence and sound communication skills, interviewing techniques, attitudinal and motivational behavior necessary during the job campaign, job hunting techniques, and related topics.

CE 110 Cooperative Education – General (2,3)

2 or 3 hours lecture

Transfer acceptability: CSU

Supervised on the job training for all students.

CE 150 Cooperative Education Internship (2-3)

10 or 15 hours laboratory

Note: May be taken 4 times

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.

CE 197 Cooperative Education Topics (.5-4)

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture, laboratory, or lecture/laboratory may be scheduled by the department. Refer to Class Schedule.

Note: May be taken 4 times

Transfer acceptability: CSU

Topics in Cooperative Education. See Class Schedule for specific topic offered. Course title will designate subject covered.

Counseling (COUN)

See also Disability Resource

Contact the Counseling Department for further information, (760) 744-1150, ext. 2179

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; Credit/No Credit grading only

Study improvement techniques, time management techniques, memory and note taking skills, and test taking methods.

COUN 48 Overcoming Test Anxiety (1)

2 hours lecture/laboratory

Note: Open entry/Open exit; Credit/No Credit grading only

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: Credit/No Credit grading only

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: Credit/No Credit grading only

Transfer acceptability: CSU

Introduction to the transfer research process designed for planning long term educational and career goals. Students learn how to evaluate universities, and learn specific transfer requirements. Student will research degrees, housing, financial aid, scholarships and supportive services.

COUN 110 College Success Skills (3)

3 hours lecture

Transfer acceptability: CSU

Provides students with the skills and knowledge necessary to reach their educational objectives. Topics covered include motivation and self discipline, memory techniques, time management, communication and relationship skills, career planning, critical thinking and personal issues. This course will include an understanding of diversity and socioeconomic differences from a historical and modern day perspective. This course is recommended for new and re-entry students.

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 in the search for identity and self discovery. Specific emphasis will be placed on the decision making process particularly as it relates to the individual's own humanness, value system, and unique functioning. Emphasis will also be placed on the

role of culture and a set of life skills that will serve to empower one's identity and understanding of self. Examples of life skills include coping with the physiological effects of stress and anxiety, goal setting, emotional development, problem solving, critical thinking skills, creative self-expression, self-esteem, and interpersonal communication.

COUN 165 Career Search (1)

2 hours lecture/ laboratory

Note: May be Open entry/Open exit; Credit/No Credit 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; Credit/No Credit 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 180 Orientation for International Students (1)

1 hour lecture

Note: Credit/No Credit grading only

Transfer acceptability: CSU

Orientation for International Students will explore college life and concerns related to cultural and adjustment issues while living in the United States.

COUN 185 Peer Advising (1)

1 hour lecture

Note: Credit/No Credit grading only

Transfer acceptability: CSU

This class will teach students how to utilize and provide information from the Palomar College catalog, class schedule, student services, and community resources. Topics covered will be: academic policies, interpersonal communication skills, and peer counseling techniques. This course is required for participation in the Palomar Peer Counselor Program.

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, laboratory, or lecture/laboratory may be scheduled by the department. Refer to Class Schedule.

Note: Credit/No Credit grading only; may be taken 4 times

Transfer acceptability: CSU

Topics in Counseling. See Class Schedule for specific topic covered. Course title will designate subject covered.

Culinary Arts (CUL)

See also ROP Culinary Arts

Contact the Design and Consumer Education Department for further information, (760) 744-1150, ext: 2349.

Associate in Arts degree requirements, Certificate of Achievement requirements, and Certificate of Proficiency requirements are listed in Section 6 (green pages) of the catalog.

PROGRAMS OF STUDY

Culinary Arts

Prepares students for employment and career opportunities in various areas of the foodservice industry. The focus is on food preparation and production skills, with supporting coursework in nutrition, food sanitation and safety, menu planning, purchasing and inventory control, kitchen management and employee supervision. Practical hands-on lab activities in a commercial kitchen environment and directed workplace learning opportunities prepare students for foodservice positions in resorts, casinos, and fine dining establishments.

Students will need to possess a current San Diego County Food Handler Card to participate in kitchen/lab activities.

In order to earn a certificate or degree, students must achieve a minimum grade of 'C' in each of the certificate program courses.

A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

| Program Requirements | | Units |
|--|-------------------------------|-----------|
| FCS/MICR 110 | Microbiology and Foods | 3 |
| FCS/HE 165 | Fundamentals of Nutrition | 3 |
| R CUL/CUL 110 | Culinary Essentials I | 3 |
| R CUL/CUL 111 | Culinary Essentials II | 3 |
| R CUL/CUL 120 | Patisserie and Baking I | 3 |
| R CUL/CUL 121 | Patisserie and Baking II | 3 |
| R CUL/CUL 130 | Pantry/Garde Manger | 3 |
| R CSIS/CSIS 120 | Microcomputer Applications | 3 |
| R CUL/CUL 200 | Menu Planning and Purchasing | 2 |
| R CUL/CUL 210 | Foodservice Management | 3 |
| R CUL/CUL 220 | Catering and Event Planning | 3 |
| R CUL/CUL 298 | Culinary Directed Practice I | 3 |
| R CUL/CUL 299 | Culinary Directed Practice II | 3 |
| Electives (Select a minimum of 3 units) | | |
| R CUL/CUL 115 | Dining Room Service | 2 |
| R CUL/CUL 150 | International Cuisine | 3 |
| R CUL/CUL 230 | Adv Garde Manger/Competition | 3 |
| R CUL/CUL 240 | Wines and Affinities | 1 |
| TOTAL UNITS | | 41 |

Culinary Skills

With a focus on basic food preparation and production skills, nutrition, and food safety and sanitation, the program prepares students for various entry-level positions in the foodservice industry. Practical hands-on lab activities in a modern commercial kitchen environment provide opportunities for students to master the skills required for employment.

Students will need to possess a current San Diego County Food Handler Card to participate in required kitchen/lab activities.

In order to earn a certificate, students must achieve a minimum grade of 'C' in each of the certificate program courses.

CERTIFICATE OF PROFICIENCY

| Program Requirements | | Units |
|----------------------|---------------------------|-----------|
| FCS/MICR 110 | Microbiology and Foods | 3 |
| FCS/HE 165 | Fundamentals of Nutrition | 3 |
| R CUL/CUL 110 | Culinary Essentials I | 3 |
| R CUL/CUL 111 | Culinary Essentials II | 3 |
| R CUL/CUL 130 | Pantry/Garde Manger | 3 |
| R CUL/CUL 115 | Dining Room Service | 2 |
| TOTAL UNITS | | 17 |

Patisserie and Baking

With a focus on commercial baking and pastry making, the program prepares students for entry-level positions in bakeries, restaurants, resorts and casino operations. Practical hands-on lab activities in a modern commercial kitchen environment provide opportunities for students to master the skills required for employment.

Students will need to possess a current San Diego County Food Handler Card to participate in required kitchen/lab activities.

In order to earn a certificate, students must achieve a minimum grade of 'C' in each of the certificate program courses.