

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 and/or 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
 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 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; may be taken 4 times
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: D-16

Note: Students are screened for level placement in all technique classes the previous semester or the first day of class.

COURSE OFFERINGS

Each activity may be taken four times for credit. Activity is defined to include all ability levels (e.g., A student may take a total of only four Modern Dance courses for credit). Modern Dance, Ballet, Jazz Technique, Tap Dance, Spanish Flamenco Dance, Hip Hop, Ballroom Dance, Latin Social Dance, Dance Improvisation, Choreography, Pointe, Near and Middle Eastern, Hawaiian and Tahitian, Afro-Cuban/Brazilian Dance, Capoeira and Theatre Dance classes are defined as activity courses.