

COURSES

COUNSELING COURSES

COU 000A Orientation to Mission College (0.5 Lecture) 0.5 UNITS

This course provides new students with basic information needed to attend college. It includes an orientation to Mission College programs and services, assessment information, registration procedures, an overview of general education requirements, and educational planning.

COU 003 Strategies for Personal and Professional Growth 2.0 UNITS

This course will present students with practical and proven strategies for improving the skills necessary to be successful in college and in their personal lives. Students will explore and practice strategies to set clear goals, make wise choices, improve self management, enhance creative and critical thinking skills, and acquire skills for life-long learning. Credit/No Credit Option.

COU 005 Strategies For Success (3.0 Lecture) 3.0 UNITS

This is a comprehensive course that integrates critical and creative thinking proficiency, personal growth and values, and academic study strategies. Emphasis is on the attainment of life-long success in academic, professional and personal development.

COU 007 University Transfer Planning (1.0 Lecture) 1.0 UNIT

This course provides in-depth information and assistance with the transfer process to 4-year colleges/universities.

COU 007H University Transfer Planning - Honors (1.0 Lecture) 1.0 UNIT

This honors course provides in-depth information and assistance with the transfer process to 4-year colleges/universities. Students cannot get credit for both COUNS 007 and COUNS 007H. This section requires enrollment in the Honors Transfer Project. More information and the online application can be found at <http://honors.missioncollege.edu>.

COU 012 Careers and Life Styles (3.0 Lecture) 3.0 UNITS

This course assists the student in examining the components of career choice. Students will explore personal interests, values, abilities and skills. Self assessment instruments will be used to help identify career options. Decision-making strategies, resume writing, interviewing skills and job search techniques will be reviewed.

COU 012A Careers & Life Styles (1.0 Lecture) 1.0 UNIT

This course assists the student in examining the components of career choice. Students will explore personal interests, values, abilities and skills. Self-assessment instruments will be used to help identify career options.

COU 012C Careers and Life Styles (1.0 Lecture) 1.0 UNIT

Learn successful job search techniques. Learn to identify your skills and compare them to job requirements. Resume writing, interviewing and networking skills and job search marketing techniques are reviewed. Pass/No Pass Option.

COU 017 Transfer Success and Life Transitions (3.0 Lecture) 3.0 UNITS

Through the context of transferring from a community college to a university, this course introduces students to appropriate life skills that can help them achieve greater success in their educational, personal, and professional lives. The course is designed specifically for students interested in successfully navigating the process of transferring to a college or university.

COU 023 Becoming a Master Student-Athlete (2.0 Lecture) 2.0 UNITS

In this course student-athletes learn tools for success to be applied in the classroom and in their sport.

COU 051A Personal Growth-Increasing Self-Esteem And Reaching Goals (1.0 Lecture) 1.0 UNIT

This course will assist students in increasing an awareness of themselves and others, identifying strengths and weaknesses in potential for personal growth, and enhancing self-esteem. Topics to be addressed are assessing self-

esteem, making and reaching goals, identifying fears and learning how to overcome them, clarifying values, and improving communication skills. Pass/No Pass Option.

COU 055 Valuing Diversity (3.0 Lecture) 3.0 UNITS

This course addresses the complexities of interpersonal relationships within the diverse cultures and ethnic groups in our society. Students examine cultural perceptions, while exploring self-concepts, values, beliefs, communication styles, religion, gender, ageism, and lifestyles in order to promote respect for differences and develop a sense of community.

COU 145B Bridge to College (1.0 Lecture) 1.0 UNIT

This course is designed to assist students to successfully transition to college by providing basic orientation to college and information about study skills and techniques for college success.