

# COUNSELING (COUN)

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## COUN-095

### Academic and Financial Aid Planning

0.5 UNITS

0.5 hours lecture

This course will familiarize students with: (a) financial aid resources available to them to meet educational expenses; (b) Grossmont College's Financial Aid Satisfactory Academic Progress Policy; (c) federal/state regulations for determining and maintaining eligibility for financial aid; (d) the student's rights and responsibilities in receiving aid. Students will learn about financial literacy, campus resources, and an overview of student success strategies. They will also develop a two semester educational plan to meet their objectives. This course is offered on a Pass/No Pass basis only. (Non-degree credit course)

## COUN-104

### Introduction to College Success Strategies

1 UNITS

1.0 hours lecture

This course is designed to equip students with the skills they need to be successful in college. An overview of college expectations, student responsibilities, successful student behavior, and study skills will be presented. Students will be exposed to strategies for goal setting, educational planning, time management, textbook reading, note-taking, and test preparation. They will also be introduced to degree/transfer programs and campus resources.

## COUN-110

### Career Decision Making

1 UNITS

1.0 hours lecture

Lecture, group discussion, experiential activities and career assessment tools will be utilized to assist students in identifying their individual interests, values, and personality styles. Students will conduct educational and career research that will help them relate their career assessment results to setting academic and career goals. Students will also learn essential skills for obtaining employment such as resume building and job interviewing techniques. (CSU)

## COUN-120

### College and Career Success

3 UNITS

3.0 hours lecture

This course provides an overview of concepts and the significant factors contributing to or hindering college and career success, focusing on an understanding of equity. Theories and strategies for student success will be evaluated, including time management, studying and listening skills, motivation, communication, critical/creative thinking, health and wellness, financial literacy, diversity, equity, inclusion, and cultural awareness. Students will explore personality types, values, interests, talents, and strengths to increase self-understanding, which will support students in identifying an academic major and/or career pathway to develop an educational plan. (CSU/UC) (CSU-E)

## COUN-130

### Study Skills and Time Management

1 UNITS

1.0 hours lecture

This course is designed to prepare students to adjust to the academic community by learning to plan and study effectively within given time limitations. Strategies include: time management, textbook mastery, library research skills, note-taking, exam preparation, goal-setting, educational planning, and stress reduction. (CSU)

## COUN-137

### Maximize Your Learning

0.5 UNITS

0.5 hours lecture

An interactive and cooperative learning approach designed to explore, discuss and implement proven strategies to enhance success in college. The course will review study skills and emphasize developing a student educational plan to achieve expected outcomes in college and beyond. This course is offered on a Pass/No Pass basis only. (CSU)

## COUN-198

0 UNITS

### Supervised Tutoring

2-24 hours laboratory

Course utilizing supportive information and educational tools to assist students with a variety of learning needs. This course could be used to strengthen foundational skills prior to in specific courses or to receive supportive assistance in enrolled courses. The course may be repeated. This is a no fee/no credit course.