

HUMAN DEVELOPMENT/ CAREER PLANNING (HD)

HD-100 College Survival

1 credits, Fall/Winter/Spring/Summer

Covers various topics supporting student success and retention. May be repeated for up to 6 credits.

HD-102 Service Learning Experience

1-6 credits, Fall/Winter/Spring/Summer

Provides students with a service learning experience in a community setting. Students complete 30-180 hours of volunteer work and participate in ongoing journaling as well as reflection exercises to connect volunteer work with an area of study. Variable Credit: 1-6 credits. 30 hours of service required for each 1 credit earned. May be repeated for up to 6 credits. Required: Student Petition.

HD-121 College Success

3 credits, Fall/Winter/Spring

Provides strategies for creating college success by understanding one's role in their learning and by gaining critical skills necessary to learn across contexts.

HD-138 Understanding and Managing Anxiety and Depression

3 credits, Fall/Winter/Spring

Identifies components of anxiety and depression, contexts in which anxiety and depression occur, and solutions for coping with anxiety and depression symptoms through the use of various anxiety and depression management techniques.

HD-140 Career Exploration

3 credits, Fall/Winter/Spring

Students use information about themselves (values, interests, personality and skills) and information about the world of work (careers and industries) to explore and make long term career decisions.

HD-144 Assertiveness

1 credits, Not Offered Every Term

Students can use this course to develop assertiveness in their communication and interpersonal relationships. The course focuses on identifying and meeting personal needs, setting boundaries, and asserting oneself in career, social, and personal settings.

HD-145 Stress Management

1 credits, Not Offered Every Term

Identifies specific personal stressors and focuses on developing skills that enable students to deal more effectively with stress.

HD-146 Values Clarification - The Talk You Walk

1 credits, Not Offered Every Year

Helps students examine beliefs, attitudes, and values behind decisions and actions. The students will examine whether behavior matches their stated beliefs, evaluate the consequences of choices, and focus on clarifying a personal value system.

HD-147 Decision Making

1 credits, Fall/Winter/Spring/Summer

Develop and improve the personal process for making healthy, satisfying choices. The basics of decision making and processes for making personal, social, and work choices are included. Use this class for current decision needs.

HD-153 Managing Conflict in Your Life

1 credits, Not Offered Every Year

Introduction to managing conflict in a positive and efficient way. Students will examine personal beliefs about conflict and become familiar with techniques for effective problem solving.

HD-154 Building Self-Confidence

1 credits, Not Offered Every Term

This course is designed to address the elements forming and influencing self-confidence as well as practicing techniques on disarming your inner critic, dealing with fear, reflection of confidence on self-esteem, personal power, and building on personal accomplishments and assets.

HD-156 Creative Goal Setting

1 credits, Not Offered Every Term

Using a variety of art media, learn how to use the creative process to define, plan, and achieve personal or professional goals.

HD-157 Procrastination & Time Management

1 credits, Not Offered Every Term

Provides students the opportunity to study their procrastination habits and time management patterns. Course focuses on components of time organization, choices regarding procrastination, and methods to improve overall use of time.

HD-158 Managing Change

1 credits, Not Offered Every Term

Course is designed to provide skills to understand and effectively navigate change in each student's life and the lives of those around them.

HD-161 Multicultural Awareness

3 credits, Not Offered Every Term

Introduction to the skills and personal attributes college graduates need to live and work in a diverse world, and how these characteristics influence interpersonal relationships in everyday life. This course focuses on the identification and application of strategies to improve personal multicultural awareness.

HD-202 Life Transitions

3 credits, Fall/Winter/Spring

Examines process and stages of life transitions. Helps re-entry adults identify personal strengths and barriers related to success in education and employment. Offers opportunities to practice interpersonal skills. Provides information about CCC campus and community resources which can assist students in reaching their goals.

Corequisites: HD-208

HD-208 Career & Life Planning

3 credits, Fall/Winter/Spring

Helps re-entry adults identify interests, abilities, values, and transferable skills and apply this information to goal setting and career decisions. Students identify and explore options for training, education, and employment. Covers job search skills such as interviewing, resume writing, and developing a career portfolio. Each student develops an action plan identifying goals and next steps.

Corequisites: HD-202

HD-209 Job Search Skills

1-3 credits, Not Offered Every Term

Use a Job Search Plan to conduct labor market research, develop job search networking relationships, and to prepare and present applications, cover letters, resumes, interviews, and thank you notes. Variable Credit: 1-3 credits.

HD-220 Leadership: Theory Into Practice

2 credits, Fall

Introduces leadership skills and theories. Includes translating theory into practice. Students discuss how leadership practices are put to use in campus leadership roles.

Required: Required for members of CCC's Associated Student Government or a Peer Assistant (that have not previously taken this course)

HD-221 Leadership: Group Dynamics

2 credits, Winter

Develops leadership skills with an emphasis on group dynamics. Addresses building common vision and goals, managing conflict, negotiation, and collaboration. Includes the role of follower and avoiding ineffective group dynamics.

Required: Required for members of CCC's Associated Student Government or a Peer Assistant (that have not previously taken this course)

HD-222 Leadership: Building Community

2 credits, Spring

Strengthens leadership skills with an emphasis on building community. Addresses diversity issues, deliberation, building consensus, ethical leadership and followership, and influence. Includes the role of leaders in the planning, implementation and assessment of community service events.

Required: Required for members of CCC's Associated Student Government or a Peer Assistant (that have not previously taken this course)

HD-280 Human Development/CWE

2-6 credits, Fall/Winter/Spring/Summer

Cooperative work experience. Provides students with career-related experience in the field of Human Development or Leadership. Variable Credit: 2-6 credits. Required: Student Petition.

Corequisites: CWE-281