

COUNSELING AND GUIDANCE

Counseling Division

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<http://www.cabrillo.edu/programs>

Counseling and Guidance Courses

CG 1

College Success

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Intergrates personal growth, learning techniques, academic and career success, problem solving, critical, and creative thinking. The course focuses on the following topics: self evaluation and assessment, goal setting, career decision making, educational planning, time and financial management techniques, instructor-student relationships, cultural diversity, health maintenance, stress management, campus resources, learning styles and strategies including lecture note-taking, test taking, memory and concentration. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU, UC.

CG 51

Introduction to College

0.5 - 3 units; 0.5 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Aquaints students with college and university requirements, college services, educational alternatives, and strategies for student success.

Transfer Credit: Transfers to CSU.

CG 52

College Study Skills

1 - 3 units; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A course for the student who wants to learn how to take lecture and reading notes, master textbooks, manage time, concentrate, pass examinations, research term papers and other general college survival skills. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU.

CG 52IIA

Individualized College Study Skills

1 unit; 1 hour Distance Education

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 3 times.

Learning how to learn is the subject of this self-paced course. The basic skills of taking notes, time management, classifying, problem solving, analysis, logical thinking, creative thinking, test taking and memory improvement are covered. The course is divided into one unit modules, and is taken through the Individualized Learning Center.

Transfer Credit: Transfers to CSU.

CG 52IIB

Individualized College Study Skills

1 unit; 1 hour Distance Education

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 3 times.

The basic skills of taking notes, time management, classifying, problem solving, analysis, logical thinking, creative thinking, test taking and memory improvement. This is a self-paced course, divided into one unit modules, and taken through the Individualized Learning Center.

Transfer Credit: Transfers to CSU.

CG 52IIC

Individualized College Study Skills

1 unit; 1 hour Distance Education

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 3 times.

The basic skills of taking notes, time management, classifying, problem solving, analysis, logical thinking, creative thinking, test taking and memory improvement. This is a self-paced course, divided into one unit modules, and taken through the Individualized Learning Center.

Transfer Credit: Transfers to CSU.

CG 54

Career Planning

1 - 3 units; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A two-part class involving (1) self-analysis through discussion and tests of aptitude, interest, values and personality; (2) investigation of the world of work. Student may choose either individual or group counseling. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU.

CG 57

Guidance for Re-Entry Men and Women

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A lecture/discussion guidance class designed to meet the needs of men and women whose formal education has been interrupted by family career responsibilities or choice. Includes educational, vocational, and individual counseling. Course open for enrollment to all students.

Transfer Credit: Transfers to CSU.

CG 58

College Success for Re-Entry Men

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

A lecture/discussion guidance class designed to meet the needs of men whose formal education has been interrupted by family and/or career responsibilities. Includes educational, vocational, and individual counseling. Course open for enrollment to all students.

Transfer Credit: Transfers to CSU.

CG 59

College Success For Re-Entry Women

2 units; 2 hours Lecture

Prerequisite: Enrollment in Re-entry Program.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A guidance class designed to meet the needs of the woman whose formal education has been interrupted by family and/or career responsibilities. Includes educational, vocational and personal counseling.

Transfer Credit: Transfers to CSU.

CG 60A

Introduction to Peer Counseling

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

A lecture discussion class in which students learn techniques of effective peer counseling to assist a diverse student population.

Transfer Credit: Transfers to CSU.

CG 60B

Introduction to Peer Counseling

2 units; 2 hours Lecture, 1 hour Laboratory

Prerequisite: CG 60A.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 3 times.

A lecture/discussion class in which students learn techniques of effective peer counseling to assist a diverse student population.

Transfer Credit: Transfers to CSU.

CG 65

Leadership Development

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A lecture/discussion class that addresses issues of leadership in student government and non-academic contexts. Course requires the application of leadership skills in and out of class. Topics include: parliamentary procedure, group leadership techniques, project management, alliance- building, and conflict management.

Transfer Credit: Transfers to CSU.

CG 99A

Take Control of Your Success

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Change ineffective behaviors in study, personal life, communication, health, finances and balancing school and family life. Practical application of theory and techniques of self-directed behavioral modification.

Transfer Credit: Transfers to CSU.

CG 99B

Work Less, Live More

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examination of the historical, cultural and economic influences on work hours. Exploration of alternative work arrangements, and personal strategies for balancing work with family and personal life. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU.

CG 99C

Goal Setting

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Course will examine theories of motivation, goal setting, motivators and methods for overcoming obstacles. Students will analyze and apply internal and external techniques for goal setting and develop the skills for career and life success.

Transfer Credit: Transfers to CSU.

CG 99E

Personality Type and Learning Style

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A study of personality type and how it affects learning and teaching styles. Personality theory will be applied by students to enhance the balance of school and life responsibilities.

Transfer Credit: Transfers to CSU.

CG 107

Career and Transfer Research Activities

0.5 - 3 units; 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100; Eligibility for MATH 154.

Repeatability: May be taken a total of 3 times.

Provides opportunity for research in career development and/or transfer preparation. Includes research, observation and/or experience relating to career development and/or transfer preparation. Integrates self-analysis and investigation of the world of work and/or transfer options and will enhance the problem-solving, communication and critical thinking skills necessary for career and educational decision-making and success.

CG 190A-Z**Charting Your Career Path**

0.5 - 5 units; 0.5 hour Lecture, 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Presents selected topics in Counseling and Guidance not covered by regular course offerings. Each special topic course will be announced, described and given its own title and letter designation in the Schedule of Classes. The structure and format of the class will vary depending on the subject matter. May be offered in a Distance-Learning Format.

CG 205**Academic Survival Skills**

1 unit; 1 hour Lecture

Corequisite: CG 205L Concurrent enrollment for the first semester taking CG 205.

Repeatability: May be taken a total of 4 times.

Assists students in developing college survival skills, to include note taking, test taking, time management, and studying effectively.

CG 205L**Academic Survival Skills Lab**

1 - 3 units; 3 hours Laboratory

Corequisite: CG 205. CG 205 not required if repeated.

Repeatability: May be taken a total of 4 times.

Assists student to develop academic skills in a supervised study environment by applying concepts and strategies presented in CG 205.

CG 208**Job Hunting**

1 unit; 1 hour Lecture

Repeatability: May be taken a total of 2 times.

Students will identify their job skills, interests, and objectives, as well as an understanding of local job market, goal setting, and job seeking skills.

CG 211**Career Planning for Special Needs Students**

1 - 3 units; 1 hour Lecture

Prerequisite: Eligibility for Disabled Student Programs and Services.

In-depth exploration into individual's vocational interests, aptitude abilities, job environment and market availability for placement. A general overview of agency sources available to facilitate the individual's needs.

CG 212**Raising Self-Esteem**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for Disabled Student Programs and Services.

Repeatability: May be taken a total of 2 times.

Discusses factors affecting development of positive self-esteem; evaluate strategies for raising self-esteem; application of techniques to strengthen self-esteem in daily life.

CG 215**Counseling and Guidance for Students in Non-Traditional Fields**

2 units; 2 hours Lecture

A guidance class for students entering non-traditional occupations. Topics include: assertive communication, apprenticeships, mentoring, study skills, self-esteem, career exploration and goal setting.

CG 280A-Z**Special Topics in Developmental Studies**

1 - 3 units; 1 hour Lecture or 2 hours Laboratory

Recommended Preparation: Eligibility for Disabled Student Programs and Services or an acquired brain injury.

Discussion of factors affecting self-esteem techniques to raise self-esteem; application of techniques in daily life.

CG 286**Transition to College**

2 units; 2 hours Lecture

Repeatability: May be repeated.

This course is designed for students who have a psychological disability and are eligible for services through Disabled Student programs and Services. Addresses issues and concerns related to students with psychological disabilities as they affect vocational, academic and interpersonal situations occurring in a college environment.