

COUNSELING COURSES

COUNSELING 001: INTRODUCTION TO COLLEGE (1 unit)

Provides students with important information about the college and its resources, introduces them to the requisite skills for college success, helps them set educational and career goals, and assists them in developing a student educational plan (SEP) to meet those goals.

COUNSELING 004: CAREER PLANNING (1 unit)

This is an educational and career planning course designed to help the undecided student make a meaningful decision regarding a career goal. The course includes career assessment, various self-appraisal techniques, and information on career characteristic trends.

COUNSELING 020: POST-SECONDARY EDUCATION: SCOPE OF CAREER PLANNING (3 units)

This course introduces students to the role of higher education in society and to their role as students. Students explore personal attributes needed for college success, critical thinking and effective study strategies, relating to others in a diverse world, the career planning and decision making process, and transfer and educational planning. This course will also provide students with an overview of campus resources and policies.

COLLEGE 101

WHAT IS THIS COURSE ABOUT?

Starting school and taking the first steps in your educational journey is exciting. And maybe a bit scary. That's what this class is for - to help you settle in and feel confident as you navigate your first semester, and beyond.

LAVC has so many resources, organizations, offices, and people on campus who are here to help you. But one of the biggest predictors of college success has more to do with you and how you feel. Students who feel like they belong in college and at their campuses are more likely to succeed. Students who feel confident about their ability and skills to successfully learn new things are more likely to succeed. Students who view the classes they take and the work they do as contributing to personally meaningful goals are more likely to succeed.

This class will help you grow in all three of those areas. You get to be the hero of your own story and choose your own adventure. Let the journey begin!

Each module of the class represents another step in your journey. You will do a bit of reading, discussing, and reflecting on the guiding questions and ideas for the module, and then apply what you have learned.

COLLEGE 101 NAVIGATING YOUR PATH THROUGH COLLEGE TO CAREER (1 unit)

College success is strongly predicted by a student's sense of belonging, confidence as a learner, and work towards personally meaningful goals. This course aims to promote growth in all three of these areas. Students will explore career pathways and develop community with faculty and peers who share their academic interests. Students will identify their college readiness strengths and needs, explore relevant campus services, and practice essential academic skills to expand their personal tool-kit for academic success.

Assignments and activities will develop critical thinking, communication, research, information literacy, and study skills in ways that integrate the student's career and academic interests and apply across general education disciplines.