

COUNS-030 Orientation to College

18 total hours lecture 1 Unit

ADVISORY: Completion of the LMC Assessment Test for English and Math or equivalent

This course is designed for first-time students to understand navigating the higher educational system and orientation to Los Medanos College. We will cover academic policies, resources, academic programs and services; introduction LMC's majors, degrees and transfer opportunities. The class will focus on academic goal completion, California system of higher education; standards of scholarship, formation of a comprehensive educational plan. The course covers topics including: use of student services, LMC certificates, associate degrees, and requirements for transfer. May not be repeated. SC

LMC: DA

TRANSFER: CSU

COUNS-031 Educational Planning

6 total hours lecture .3 Unit

ADVISORY: Students are strongly encouraged to complete the online orientation and math and English assessments prior to enrolling in this course.

This course is an introduction to educational goal setting and planning. Students taking the course will develop an educational plan outlining their courses to meet their educational goal. Topics covered include identifying educational goals, selecting majors, academic assessment, and counseling and advising services. May not be repeated. P/NP

LMC: NDA

COUNS-032 Introduction to Career Exploration

27 total hours lecture 1.5 Units

This course is an intense career exploration designed to engage students in their own career development. Topics include how to realistically assess, review, and interpret various areas such as interests, attitudes, values, priorities, skills and strengths, goals, and career options in the current job market. This course also covers financial literacy. May not be repeated. P/NP

LMC: DA

TRANSFER: CSU

COUNS-033 Transfer Planning

18 total hours lecture 1 Unit

This course enables students to become active participants in planning their continuing education by providing students with information necessary to evaluate universities, plan required coursework, explore housing, financial aid, and to familiarize themselves with programs and services offered at universities. May not be repeated. SC

LMC: DA

TRANSFER: CSU

COUNS-034 College Success

27 total hours lecture 1.5 Units

This course is designed to help students develop the critical thinking skills and personal confidence necessary to succeed in college. Topics will include problem solving techniques, learning styles, time- management, goal-setting, study skills and test-taking strategies, stress management and LMC support services. May not be repeated. P/NP

LMC: DA

TRANSFER: CSU

COUNS-036 Career & Life Planning

54 total hours lecture 3 Units

ADVISORY: Eligibility for ENGL-100 or equivalent

In this course students will engage in in-depth career and life planning. Students will learn research strategies to make effective career and major choices, using a variety of techniques to find, retrieve, and evaluate career planning information. Students will use career assessments to identify their preferred work values, interests, skills, and personality traits. Research will then focus on the exploration of labor market needs; educational and employment requirements; and career ladders within given professions resulting in an effective educational and job search plan. This course will help students develop psychological "soft skills" in the domain of human relations such as interpersonal communication, self-esteem and professional confidence, emotional intelligence, conflict resolution, and effective collaboration in team-building skills. May not be repeated. SC

LMC: DA

TRANSFER: CSU

COUNS-045 MESA/STEM Scholars Success

27 total hours lecture 1.5 Units

ADVISORY: ENGL-095

This course is designed for students who participate or are interested in the Mathematics, Engineering, Science Achievement Program at Los Medanos College. The course will introduce students to the STEM career paths, transfer requirements, internship, and scholarship availabilities. The course will assist the student in compiling strengths-based resumes and personal statements. May not be repeated. SC

LMC: DA

COUNS-098 Independent Study in Counseling

.5-3 Units

Provides students an opportunity to design and pursue their own interests within a particular area. Projects reflecting cultural diversity and/or societal issues will be greatly encouraged. A contract must be drawn between the student and the instructor stipulating the goals of the independent study, the content, the method of approach, the estimated time involved, and the periodic evaluation to be used. Minimum 1 hour per week with instructor plus 54 hours of contracted work for each unit of credit. May not be repeated. SC

LMC: Independent study courses may be DA or transferable depending on specific course. See your counselor.

TRANSFER: Independent study courses may be DA or transferable depending on specific course. See your counselor.

COUNS-900s Selected Topics in Counseling

DA varies with course content.