

**ARTICULATION AGREEMENT**

**DATE DRAFTED:** June 15, 2020  
**VALID ACADEMIC YEAR:** 2020-21

**LMC COURSE:** COUNS-032 "Introduction to Career Exploration" & COUNS-034 "College Success"

**HIGH SCHOOL COURSE:** College and Career Seminar

**School:** Antioch High School

**Address:** 700 West 18<sup>th</sup> Street Antioch, CA 94509

**A. COLLEGE COURSE DESCRIPTION: COUNS-032** "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."

**Couns-034** "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."

**B. UNITS: 1.5 each (3 units total)**

**C. PRE-REQUISITES: N/A**

**D. REQUIRED CONTENT FOR ARTICULATION:**

**1. Career Assessments**

- a. As a tool for career development
- b. Motivation
- c. Values
- d. Skills
- e. Personality
- f. Interests

**2. The nature of career decisions as these relate to education and the world of work:**

- a. Appropriate majors

**3. Decision-making and problem solving strategies that assists in career development:**

- a. Personal decision making strategies
- b. Pros and Cons
- c. Informational interviewing

**4. Develop short-term and long-range goals in relation to career development:**

- a. How much time
- b. Need for employment
- c. Immediate and delayed gratification
- d. Financial Literacy (cost of living, housing, transportation, child care, health care, savings, debt, investing and financial resources)

**5. Career resources and services**

- a. Career Coach
- b. Career Center Web Page
- c. Literature
- d. Counselors

**6. Support network that can be utilized after the course ends:**

- a. Peer networking and support
- b. Guest speakers
- c. Workshops

**7. Goal Setting**

- a. Defining goals
- b. Personal goals vs. family and societal goals
- c. Personal history of achieving or not achieving goals
- d. Components of a well-developed goal
- e. The relationship between short-, mid-, and long-range goals
- f. Setting goals
- g. Barriers to goals

**8. Time management**

- a. Get real with your goals
- b. Create a lifeline
- c. Strategies for planning
- d. Stop procrastination now
- e. The seven-day anti-procrastination plan
- f. Beyond time management: stay focused on what matters

**9. Notes**

- a. The note-taking process flows
- b. Observe
- c. Record
- d. Review
- e. Taking notes while reading
- f. The Cornell method
- g. Concept mapping

**E. REQUIRED COMPETENCIES (PERFORMANCE OBJECTIVES) FOR ARTICULATION**

By the end of the course students will:

1. Develop an educational goal and the appropriate pathway to achieve their goal (Use career center resources to research and identify college majors and transfer options)
2. Align their skills, interests, abilities, and values to appropriate career options
3. Utilize personality assessment data to evaluate appropriate work environments for themselves (including financial literacy)
4. Identify their educational goals and personal and academic barriers to achieving those goals.
5. Successfully navigate college resources to support their academic success.
6. Demonstrate effective study skills and strategies.

**F. METHODS FOR END OF COURSE ASSESSMENT:**

**Los Medanos College Requirements for College Credit:**

***Passing work is characterized by completion of all class activities with the appropriate information and work submitted in a portfolio, which should include:***

1. Interest Inventories that are completed with the STRONG/Holland Codes and students identified a minimum of one appropriate career option.
2. Personal Values that are completed and students have identified a minimum of one appropriate career option.
3. Reading Responses that include 3 questions that relate to each of the reading assignments and can be answered through assessment results or research.

4. Research assignment that includes a composite of academic/career profile for themselves.
5. Exercises where all parts of the question at least being addressed with minimal but adequate insight and analysis. Meaningful engagement with the material is indicated through adequate completion of activities and depth of self-assessment.
6. Journals which indicate self-reflection and analysis of subject matter. Oral and written presentations are adequate in length and depth of understanding.
7. Participation, which requires at least minimal but adequate interactions and dialogue. Participation is minimally self-initiated but adequate when called upon.

**AND**

1. Final Analysis Profile Portfolio (10-year Plan Summary) that includes a career plan created with and assessed by high school faculty that synthesizes the results of each assessment taken throughout the course.

*(LMC Counseling faculty will reserve the right to request and review the high school student's printed/online Final Analysis Profile)*

**G. PROCEDURES AND/OR CRITERIA FOR COURSE ARTICULATION & CREDIT RECOMMENDATION:**

1. Complete the College and Career Seminar course at Antioch High School with a grade of **"C"** or better for the high school class.
2. \*Pass the LMC final exam procedure:  
Complete the **\*Final Analysis Profile Portfolio (10-year Plan Summary online) with 80% (Pass) or better.** *(LMC Counseling faculty will reserve the right to request and review the high school student's printed/online Final Analysis Profile)*
3. Apply for admission at Los Medanos College.
4. Be recommended for credit by high school teacher. *(TEACHERS: please see the "Final Analysis Profile Portfolio" SAMPLE FINAL EXAM for reference on decisions to recommend student college credit.)*
5. Register for CATEMA for electronic submission of college credit OR obtain copy of high school transcript and articulation agreement and submit to the LMC Office of Admissions & Records **within the academic year in which credit was earned.**
6. Upon completion of the above, the student will receive on his/her LMC and CCCC (California Community College District) transcripts the grade of **"P" (Pass)** and the unit credit for LMC's COUNS-032 & COUNS-034 courses with a notation indicating college credit was granted by exam. (Credit by Exam)

*\*Distance Learning Circumstances:*

*Final Exam "Procedure" will still need to be fulfilled whether the high school class meets in person or moves to a distance learning platform. If the high school class moves to an online learning environment, all efforts will be made to enable students to earn college credit, however due to circumstances beyond the high school/college control, course content may not be able to be completed in order to fulfill the articulation agreement requirements.*

**F. TEXTBOOKS OR OTHER SUPPORTING MATERIALS**

**Instructional Materials:**

*Career Choices by Mindy Bingham*

*Portfolio and Workbook*

*My10YearPlan.com online workbook*

*Career Transitions Student Reader*

*Los Medanos College Course Catalog*

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**COLLEGE SIGNATURES**

**HIGH SCHOOL/ROP/DISTRICT SIGNATURES**

\_\_\_\_\_  
Natalie Hannum Date  
LMC Vice President of Instruction

\_\_\_\_\_  
Louis Rocha Date  
Principal, Antioch High School

\_\_\_\_\_  
Jeffrey Benford Date  
LMC Dean of Counseling & Student Support

\_\_\_\_\_  
Mike Santos Date  
AUSD Director of Program Improvement

\_\_\_\_\_  
Michelle Mack Date  
LMC Counseling Department Co-Chair

\_\_\_\_\_  
Christine Ibarra Date  
AUSD Associate Superintendent, Educational Services

\_\_\_\_\_  
Tiffany Welter Date  
Faculty, Los Medanos College

\_\_\_\_\_  
Amy Bettencourt Date  
AUSD Director of Educational Services, Instruction Support

\_\_\_\_\_  
Nick Wisely Date  
Faculty, Antioch High School