

LOS MEDANOS COLLEGE

ARTICULATION AGREEMENT

DATE DRAFTED: October 31, 2022

VALID ACADEMIC YEAR: FA22-SP24

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 18th 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. HIGH SCHOOL CLASS DESCRIPTION: Where will YOU be in 10 years? Will you be thriving on a path to the career that supports your desired lifestyle, or will you be struggling to figure out who you really are and what you will do with your life? This one semester course for 9th graders is where you will be challenged to think about and plan for:

- Creating high school goals and a plan to execute those goals
- graduation from high school
- post-high school education and training
- entering the workforce with the training and skills necessary to be financially independent

We will work through activities online and in class that will develop your decision making, problem solving and critical thinking skills. While answering the questions "Who Am I?" "What Do I Want?", and "How Will I Get There?", students will set short- and long-term goals and determine the best life choices for attaining those goals. You will complete the course with a detailed, comprehensive 10 Year Plan that outlines your future lifestyle, education, and career objectives. You will also enroll in a Los Medanos College course through a process called articulation. Upon successful completion of the course, with a grade of C or better, students will earn 3 units of college credit from Los Medanos College.

E. 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, childcare, 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

F. 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:

(all of the following must be Met)

1. Students **must apply** to Los Medanos College and register in **CATEMA** to receive credit recommendations by their high school teacher.
2. Students **must be recommended** for credit by their high/adult ed. schoolteacher in **CATEMA**. *Teachers recommend credit at their discretion.*
3. Students **must complete** the Career Seminar class at Antioch High School with an overall grade of "C" or better. *High school/Adult Ed. teachers will enter this grade in CATEMA.*
4. *Pass the LMC final exam procedure:
Complete the ***Final Analysis Profile Portfolio (10-year Plan Summary online) with 80% (10 out of 13 Sections in the Online 10 Year Plan) or better.** *(LMC Counseling faculty will reserve the right to request and review the high school student's printed/online Final Analysis Profile)*
5. Articulated college credit may only be recommended by the high school teacher and received by the student **within the academic year** in which it was earned.
6. Upon completion of the above, the student will receive on his/her LMC and CCCCD (California Community College District) transcript the units of credit and the grade of "P" for LMC's **COUNS-032 "Introduction to Career Exploration" & COUNS-034 "College Success"** courses.
7. College transcripts will reflect the **FINAL EXAM GRADE** earned and will be notated as *Credit by Exam.

G. 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

ARTICULATION AGREEMENT**DATE DRAFTED:** October 31, 2022**VALID ACADEMIC YEAR:** FA22-SP24**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 18th Street Antioch, CA 94509**COLLEGE SIGNATURES****HIGH SCHOOL/ROP/DISTRICT SIGNATURES**

Natalie Hannum
LMC Vice President of Instruction

Date

John Jimno
AHS Principal

Date

Jeffrey Benford
LMC Dean of Counseling & Student Support

Date

Christine Ibarra
AUSD Associate Superintendent

Date

Nina Ghiselli
LMC Counseling Department Co-Chair

Date

Amy Bettencourt
AUSD Director, Curriculum, Instruction & Assessment

Date

Tiffany Welter
LMC Faculty

Date

Lindsay Wisely
AUSD Director, Secondary Schools

Date

Jennifer Eseltine
AHS Faculty

Date

Melisa McClary
AHS Faculty

Date

Nick Wisely.
AHS Faculty

Date