

**ARTICULATION AGREEMENT**

**DATE DRAFTED:** September 30, 2021

**VALID ACADEMIC YEARS:** 2021-23

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

**HIGH SCHOOL COURSE:** PUSH 9 7371 (Presenting University Skills in High School)

**School:** Heritage High School

**Address:** 101 American Avenue Brentwood, CA 94513

- 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 (College): 1.5 each (3 units total)**

- C. PRE-REQUISITES: NA**

- D. REQUIRED CONTENT FOR ARTICULATION:**

The course has multiple units driven by four primary questions.

- a. Who am I?
- b. What do I want?
- c. What are my skills, passions, and my learning style(s)?
- d. How will I get to where I want and what resources are available to me?

These essential questions require students to honestly ask themselves how they will achieve their academic and career goals. From these questions, students will be better able to determine what they want out of their future. The instructor will help students through these four questions throughout the course and assist them in the process.

\*Goal setting

\*Active group tutorials (peer tutors)

\*Participation in an extracurricular activity (volunteerism, athletics, clubs, band, theater)

\*Career interests

\*My 10-Year Plan (online workbook)

\*Post-secondary education focus and resources (Career Center, online college research)

\*21<sup>st</sup> Century skills (technology in the classroom, emerging careers)

\*Organizational skills (checking grades on Student Portal, mandatory weekly binder checks)

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

The PUSH 9 course includes curriculum that is taught through classroom discussion, higher order thinking and questioning (Costa's Levels of Questioning), critical, creative and strategic thinking and writing, WICOR Strategies. Measurable goals and objectives will be attached to each unit of the course and students will work to master career exploration course standards for Los Medanos College's Introduction to Career Exploration and College Success. By the end of the course students will be able to:

### WICOR – Writing, Inquiry, Collaboration, Organization, Reading

1. Write notes using a proven college method "Cornell Notes" in each of your core classes.
2. Inquire/Ask higher-order questions based on Costa's Levels of Questioning.
3. Collaborate/Work in partners, as groups or a class for a common goal.
4. Organize notes, a binder, and a student planner with techniques presented in class.
5. Read with new strategies that promote higher retention levels.

### Tutorials

1. Use difficult questions from homework and interactive notes from core classes to identify a point of confusion. Develop higher level points of confusion (Costa's Level Three).
2. Fill out a TRF (Tutorial Request Form) completely prior to class in complete detail explaining the necessary vocabulary, background knowledge, and demonstrate what you have already tried to solve the problem. After the tutorial session, take time to reflect upon learning using details from the presenters.
3. Present a Point of Confusion to peers in a small group setting, starting with a higher-level question, finishing with a satisfactory level of understanding from peer discussions.

### Binder – Organize All Classes

1. Place notes, worksheets, grades and returned assignments in their proper sections for easy searching.
2. Successfully take Cornell Notes or write a Learning Log for each class every day.
3. Pass the "Shake Test" so nothing will fall out of the binder.

### Get Focused, Stay Focused (LMC)

1. Complete *Career Choices and Changes* workbook
2. Complete the *My Ten Year Plan* online.
3. Complete an on-campus job shadow experience (Chapter 6) as well as the Career Interest survey.
4. \*Off campus job shadow experience will be a requirement in PUSH 10 next year.

### Texts/Online

1. Read Gladwell's Outliers and complete an MLA research paper based on its contents.
2. Reflect on and complete a project based on Covey's The 7 Habits of Highly Effective Teens.
3. Complete the "My 10 Year Plan" online workbook.
4. Complete all of the exercises in the hard copy of the "Career Choices" workbook.
5. Read and discuss each chapter of the Career Choices and Changes textbook.
6. Complete the viewing and supplementary materials for the "Reading to Learn" DVD/LUHSD program.

## F. METHODS FOR END OF COURSE ASSESSMENT

**Evaluation / Grades: Your final grade will come from the following areas:**

10% = Binders – Weekly Organization and Grade Checks

Students should use their planners to keep track of assignments, tests, and activities. Cornell Notes.

20% = Tutorials

Students will be filling out Tutorial Request Forms (TRF) and participating in Tutorials.

30% = W.I.C.O.R. Strategies / Completion of In-Class PUSH Activities and Lessons / Extracurricular Club/Sport

Participation / completion of each Writing, Inquiry, Collaboration, Organization & Reading activity.

Completion of the Extracurricular Club/Sport form at the end of the semester with proper signatures

40% = Get Focused, Stay Focused (LMC Curriculum)

Successful completion of the activities found in the Career Choices and Changes workbook.

Successful completion of the activities found in the My Ten Year Plan online portfolio

**Grading Scale: The quarter percentages will be averaged to create the semester grade.**

A+ (98.5 and above!)

A 92.5-98.4%	B+ 88.5 - 89.4%	B- 79.5 - 82.4%	C 72.5 – 78.4%	D+ 68.5 – 69.4%
D- 59.5 - 62.4%	A- 89.5 - 92.4%	B 82.5 – 88.4%	C+ 78.5 - 79.4%	C- 69.5 - 72.4%
D 62.5 – 68.4%	F 0 - 59.4%			

### 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 PUSH #7371 course at Heritage 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% (10 out of 13 sections completed = 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 CCCCD (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)

#### **H. TEXTBOOKS OR OTHER SUPPORTING MATERIALS (\*required)**

1. Malcolm Gladwell’s Outliers
2. Sean Covey’s The 7 Habits of Highly Effective Teens
3. \*Bingham and Stryker’s Career Choices and Changes
4. Bingham and Stryker’s Workbook and Portfolio
5. “Reading to Learn” DVD: Liberty Unified School District
6. \*“My 10 Year Plan” Online Workbook: <https://v2.my10yearplan.com/>

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### COLLEGE SIGNATURES

Natalie Hannum

Natalie Hannum (Oct 11, 2021 10:48 PDT)

Natalie Hannum Date  
LMC Vice President of Instruction

Jeffrey W. Benford, Sr.

Jeffrey Benford Date  
LMC Dean of Counseling & Student Support

Nina Ghiselli, PsyD

Nina Ghiselli, PsyD (Oct 7, 2021 09:00 PDT)

Nina Ghiselli Date  
LMC Counseling Department Co-Chair

Tiffany Welter

Tiffany Welter (Oct 5, 2021 17:27 PDT)

Tiffany Welter Date  
Faculty, Los Medanos College

### HIGH SCHOOL/ROP/DISTRICT SIGNATURES

Carrie J. Wells

Carrie J. Wells (Oct 11, 2021 11:06 PDT)

Carrie Wells Date  
Principal, Heritage High School

Erik Faulkner

Erik Faulkner (Oct 18, 2021 08:01 PDT)

Erik Faulkner Date  
LUHSD Asst. Superintendent, Educational Services

Dave Fogelstrom

Dave Fogelstrom (Oct 11, 2021 12:03 PDT)

Dave Fogelstrom Date  
Faculty, Heritage High School