

LOS MEDANOS COLLEGE

ARTICULATION AGREEMENT

DATE DRAFTED: October 1, 2019

VALID ACADEMIC YEAR: 2019-20

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

HIGH SCHOOL COURSE: College and Career Seminar

School: Deer Valley High School

Address: 4700 Lone Tree Way, Antioch, 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: 1.5 each (3 units total)

C. PRE-REQUISITES: NA

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. Labor and market trends
- b. 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. Learning styles

- a. Learning style inventory
- b. Interpreting your learning style graph
- c. Scoring your inventory
- d. Learning style graph
- e. Cycle of learning
- f. Using your learning style profile to succeed in school
- g. Claim your multiple intelligences

9. 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

10. Reading

- a. Muscle reading
- b. How muscle reading works
- c. Phase one: Before you read
- d. Phase two: while you read
- e. Five smart ways to highlight a text
- f. Phase three: After you read

11. 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

12. Resources

- a. Resources on campus (support programs, instructional resources, and student services)
- b. Library Resources
- c. Community resources
- d. Barriers to goals
- e. Identifying resources for success
- f. Identifying individual strengths
- g. Building on those strengths

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:

Graded Assignments

Participation/ Projects 20%

Writing Prompt 30% (Occurs in the first 15 minutes of class)

Portfolio Elements/ Workbook 30%

10 Year Plan Portfolio 20% (Completion of this project is mandatory for the college credit from LMC)

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

1. Complete the College and Career Seminar course at Deer Valley High School with a grade of "C" or better for the class.
2. Pass the LMC final exam procedure: **COMPLETION OF THE ONLINE "MY 10 YEAR PLAN"**[®]
3. Apply for admission at Los Medanos College.
4. Register in CATEMA for electronic submission of college credit **OR** complete an [LMC HS/Adult Ed. Grade Verification Form](#) , obtain copy of high school transcript and articulation agreement and submit to the LMC Office of Admissions & Records..
5. 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)

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

**Career Choices* by Mindy Bingham

**My10YearPlan.com* [online](#) workbook

Suggested as supplemental support:

Portfolio and Workbook

Career Transitions Student Reader

Los Medanos College Course Catalog

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COLLEGE SIGNATURES

HIGH SCHOOL/ROP/DISTRICT SIGNATURES

Dr. Sally Montemayor Lenz
Dr. Sally Montemayor Lenz (Nov 18, 2019)

Sally Montemayor Lenz, Ed.D. Date
LMC Vice President of Instruction (Interim)

Jeffrey W. Benford, Sr.
Jeffrey W. Benford, Sr. (Nov 18, 2019)

Jeffrey Benford Date
LMC Dean of Counseling & Student Support

Michelle Mack
Michelle Mack (Nov 12, 2019)

Michelle Mack Date
LMC Counseling Department Co-Chair

Tiffany Welter
Tiffany Welter (Oct 2, 2019)

Tiffany Welter Date
Faculty, Los Medanos College

Bukky A Oyebade
Bukky A Oyebade (Dec 10, 2019)

Bukky Oyebade Date
Principal, Deer Valley High School

Michael V. Santos
Michael V. Santos (Dec 11, 2019)

Mike Santos Date
AUSD Director of Program Improvement

Christine Ibarra
Christine Ibarra (Dec 11, 2019)

Christine Ibarra Date
AUSD Associate Superintendent, Educational Services

Amy Bettencourt
Amy Bettencourt (Dec 11, 2019)

Amy Bettencourt Date
AUSD Director of Educational Services, Instruction Support

Michael Green
Mike Green (Dec 10, 2019)

Michael Green Date
Faculty, Deer Valley High School