

COUNSELING (COUN)

COUN-095

Academic and Financial Aid Planning **0.5 UNITS**
0.5 hours lecture

This course will familiarize students with: (a) financial aid resources available to them to meet educational expenses; (b) Grossmont College's Financial Aid Satisfactory Academic Progress policy; (c) federal/state regulations for determining and maintaining eligibility for financial aid eligibility; (d) the student's rights and responsibilities in receiving aid. Students will learn how to prepare an income and expense budget. They will receive an overview of campus resources. Finally, they will develop a two-year Student Educational Plan to meet their objectives. This course is offered on a Pass/No Pass basis only. (Non-degree credit course)

COUN-104

Introduction to College Success Strategies **1 UNITS**
1.0 hours lecture

This course is designed to equip students with the skills they need to be successful in college. An overview of college expectations, student responsibilities, successful student behavior, and study skills will be presented. Students will be exposed to strategies for goal setting, educational planning, time management, textbook reading, note-taking, and test preparation. They will also be introduced to degree/transfer programs and campus resources.

COUN-110

Career Decision Making **1 UNITS**
1.0 hours lecture

Lecture, group discussion, experiential activities and vocational assessment tools will be utilized to assist students in identifying their individual interests, values, and personality styles. Students will conduct educational and career research that will help them relate their vocational assessment results to setting academic and career goals. Students will learn essential skills to getting a job; resume formats, job application and interviewing techniques. (CSU)

COUN-120

College and Career Success **3 UNITS**
3.0 hours lecture

Learn how to be successful in college by improving study skills such as textbook reading and marking, note-taking, listening to lectures, managing time, studying for tests and improving memory. Additional success topics include exploring motivation and attitudes, managing stress, developing creativity, improving communications and relationships, and maintaining optimum health. Discover your values, interests, aptitudes and personal strengths in order to plan your education and a successful career. (CSU/UC) (CSU-E)

COUN-130

Study Skills and Time Management **1 UNITS**
1.0 hours lecture

This course is designed to prepare students to adjust to the academic community by learning to plan and study effectively within given time limitations. Strategies include: time management, textbook mastery, library research skills, note-taking, exam preparation, goal-setting, and stress reduction and educational planning. (CSU)

COUN-137

Maximize Your Learning **0.5 UNITS**
0.5 hours lecture

An interactive and cooperative learning approach designed to explore, discuss and implement proven strategies to enhance success in college. The course will review study skills and emphasize developing a student educational plan to achieve expected outcomes in college and beyond. This course is offered on a Pass/No Pass basis only. (CSU)

COUN-198

Supervised Tutoring **0 UNITS**
2-24 hours laboratory

Course utilizing supportive information and educational tools to assist students with a variety of learning needs. This course could be used to strengthen foundational skills prior to in specific courses or to receive supportive assistance in enrolled courses. The course may be repeated. This is a no fee/no credit course.