Human/Career Development

Overview

Human/Career Development courses are designed to assist students with recognizing their full potential through developing self awareness, educational management and lifelong independent career planning skills. Instruction includes obtaining skills necessary to succeed in college and make positive and productive work/life decisions.

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Human/Career Development (HCD) Courses

HCD 89 Study Strategies Lab

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Prerequisite: None.
Catalog Date: January 1, 2022

This course will provide non-traditional instructional support for students with disabilities who are enrolled in other college classes. Graded on a credit/no credit basis. This is an open-entry, open-exit class that can be taken for 0.5-1.0 units.

HCD 110 Building Foundations for Success

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

This course provides success strategies and support services to entry level students. The strategies and support services are threaded through three critical areas that enhance student success: academic skills, personal life management, and educational navigation.

HCD 112 College Survival

Units: 0.25 - 1
Hours: 4.5 - 18 hours LEC
Prerequisite: None.
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

The purpose of this course is to help the entry-level college student develop the confidence, knowledge, and skills necessary to become successful in college. Topics covered in College Survival include campus resources, academic planning, self-esteem and motivation, assertiveness and interpersonal relationships, as well as the principles of time and stress management.

HCD 122 Study Skills

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

This course covers specific study skills strategies. It provides the opportunity to analyze attitudes toward studying, and current study skill habits. Topics include specific learning styles, strategies for time management, goal setting, note-taking, memory improvement, reading skills, and how to prepare for, and take exams.
HCD 132 Career Exploration

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

Students learn how to balance career and personal life when making career decisions, become skilled in the use of career information resources, understand the nature of the changing labor market, and when appropriate, acquire job search skills. Topics covered include assessment of values, skills, interests, and personality factors relevant to career and life planning. Student will gain insight into the relationship between career and academic/educational planning. Career assessments may be required.

HCD 299 Experimental Offering in Human Career Development

Units: 0.5 - 4
Prerequisite: None.
Catalog Date: January 1, 2022

This is the experimental courses description.

HCD 310 College Success

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Advisory: ENGWR 101
Transferable: CSU; UC
General Education: AA/AS Area III(b); CSU Area E1
Catalog Date: January 1, 2022

This course is designed to assist students in obtaining the skills and knowledge necessary to reach their educational objectives. Topics to be covered include: motivation and discipline, memory development, time management, communication skills, career planning, study skills and techniques, question-asking skills and personal issues that face many college students. Campus resources and information competency will also be covered. It is highly recommended for first time college students; however, continuing students also benefit from this course. The course may be offered for specific populations. Career and/or Learning Styles assessments may be required, and a field trip may be required.

HCD 320 Skills for Online Student Success

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2022

This course is designed to familiarize students with the skills required to succeed in an online course. Students will explore how to use various Internet tools to effectively learn in an online environment. Topics include online course equipment needs; using a word processor to support class assignments; sending email attachments; effective use of discussion groups, email, and synchronous chat sessions; researching on the Internet; evaluating Internet sources; working collaboratively online. This course is graded on a pass/no pass basis.

HCD 330 Life and Career Planning

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

This course is a comprehensive approach to life and career planning based on extensive measurement of aptitude, interests, personality type, values, and skills. Personal and career goals will be formulated using career research and decision making strategies. Course topics will include changing career trends and job search techniques.

HCD 346 Career and Workforce Skills

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(b)
Catalog Date: January 1, 2022

This course provides students with opportunities to develop marketable skills in preparation for employment and assists students in learning about the world of work. Course content includes understanding the application of education to the workforce, developing workplace skills and competencies. The content of this course covers the orientation materials and meets the orientation requirement for Work Experience 198, 298 and 498 at Cosumnes River College.

HCD 382 Learning Strategies for College and Life

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
This course provides a universal learning environment that supports students with specific learning differences, through adaptive strategies and techniques essential for achieving academic and personal success. Topics include adaptive technology, organization, learning modalities, time management, memory development, motivation, note-taking, personal wellness, study skills, testing techniques, and critical thinking methods. Also covered are communication approaches, personal and academic barriers, and disability awareness. Additionally, campus/community resources, college regulations, and proficiency expectations are covered.

**HCD 495 Independent Studies in Human Career Development**

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<tr>
<th>Units:</th>
<th>1 - 3</th>
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<tbody>
<tr>
<td>Hours:</td>
<td>54 - 162 hours LAB</td>
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<tr>
<td>Transferable:</td>
<td>CSU</td>
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<td>Catalog Date:</td>
<td>January 1, 2022</td>
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An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

**HCD 499 Experimental Offering in Human Career Development**

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<thead>
<tr>
<th>Units:</th>
<th>0.5 - 4</th>
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<tr>
<td>Prerequisite:</td>
<td>None.</td>
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<td>January 1, 2022</td>
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This is the experimental courses description.

**HCD 1000 Supervised Tutoring**

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<th>Units:</th>
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<tr>
<td>Prerequisite:</td>
<td>None.</td>
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<tr>
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This course offers individualized tutoring designed to assist students to increase their success in college courses. Students may enroll for support of more than one college course per semester. Content will vary depending upon the adjunct course. Attention will be given to essential study skills and utilization of campus learning resources. May be repeated in subsequent semesters.