

Human Development 105

Career and Life Planning

1 unit; 1 hour lecture

Recommended Preparation: English 84 or English as a Second Language 52B AND English A or English as a Second Language 53C

Degree applicable Transfer CSU

This course provides an introduction to career and life planning, including an exploration of core values, skills, personality traits, life stages and experiences. Students will develop a career and life plan by applying career planning techniques and decision-making strategies. Emphasis will be placed on awareness of psychological, sociological satisfaction, and physiological factors related to career and life.

Course Objectives:

1. Identify theories of human and career development as they relate to career and life planning.
Objective Exams
2. Distinguish individual differences in personality traits and characteristics.
Written homework
3. Examine and match core values, skills, personal interests and personality styles to career choices.
Term or other papers
4. Evaluate and compare personality traits and assess their relationship to work environments, communication and learning styles.
Journal (kept regularly throughout the course)
5. Identify psychological, sociological, and physiological influences on decision making.
Journal (kept regularly throughout the course)
6. Apply decision-making models and strategies for determining wise choices.
Essay exams
7. Research, analyze and evaluate occupational information resources.
Term or other papers
8. Evaluate career options in a diverse and changing society.
Written homework
9. Develop a career and life plan that identifies long and short-term goals.
Term or other papers
10. Identify the characteristics of an effective resume and create a professional resume.
Written homework
11. Describe the components of the interviewing process and perform an effective interview.
Presentation

Student Learning Outcomes (SLO):

1. College and Career Planning

Students will create a plan that identifies individual strengths and weaknesses, college majors and career plans.

2. Aligning Personality Types and Work

Students will examine individual learning styles and personality types and assess how these relate to student success in college and careers.

3. Career Research and Resources

Students will be able to identify and utilize current career research tools and resources, in order to make informed decisions related to career planning.

ADA Statement:

El Camino College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Special Resource Center. To make arrangements for academic accommodations, contact the Special Resource Center.

Student Code of Conduct

<https://www.elcamino.edu/administration/board/2019-policies/AP%205500%20Student%20Conduct%20.pdf>

Student Rights and Grievances Procedure 5530

<https://www.elcamino.edu/administration/board/boarddocs/AP%205530%20STUDENT%20%20RIGHTS%20AND%20GRIEVANCES.pdf>