

Area: Counseling  
 Dean: Sonia Ortiz-Mercato  
 Phone: (916) 484-8375

American River College's Human Career Development courses are designed to help students achieve success in college through a variety of classes, which include study skills, career exploration, college success, transferring to four year institutions, life skills, peer mentoring, and academic learning strategies for students with specific learning disabilities.

## Human Career Development

### **HCD 111 College Discovery Program 1 Unit**

*Hours: 18 hours LEC*

This course explores options and resources relevant to student success at American River College. It covers academic and personal goal setting, campus resources, academic requirements, basic study skill development, and strategies that are compatible with academic success.

### **HCD 114 Human Potential Seminar 2 Units**

*Advisory: Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320.*

*Hours: 36 hours LEC*

This course provides an in-depth examination of techniques and strategies to be used in enhancing a student's chance for academic success in college. It is designed for students who need assistance to achieve their goals in higher education. Topics include motivation, goal setting, communication skills, time management, exam preparation, note taking, reading college textbooks, and the use of technology as it relates to being a student.

### **HCD 115 Orientation to College .5 Units**

*Hours: 9 hours LEC*

This course is an introduction to programs and services at American River College. Topics include procedures and college requirements, steps to success, and campus resources.

### **HCD 122 Study Skills 1 Unit**

*Advisory: Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320.*

*Hours: 18 hours LEC*

This course covers specific study skills strategies. It provides the opportunity to analyze attitudes toward studying and current study skills or 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 160 Applied Life and Success Skills 2 Units**

*General Education: AA/AS Area III(b)*

*Hours: 36 hours LEC*

This course covers the skills and tools necessary for daily independent living and success as a college student. It focuses specifically on disability management, life skills, personal goals, and community and campus resources. It would also be appropriate for those students interested in a career with disability services.

**HCD 310 College Success 3 Units**

*Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.*

*General Education: AA/AS Area III(b); CSU Area E1*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course covers the skills and knowledge necessary for college success, as well as personal issues that are commonly encountered by many college students. Topics include motivation, self-discipline, learning styles, memory development, time management, communication skills, goal-setting, career planning, study skills and techniques, and critical thinking skills. Campus resources, college regulations, and information competency are also addressed. This course is highly recommended for first time college students and/or continuing college students who would benefit. Field trips may be required.

**HCD 318 Transfer: Making It Happen 2 Units**

*Advisory: Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320*

*General Education: AA/AS Area III(b)*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course provides a comprehensive study of the university transfer process as it relates to community college students. Topics include an overview of American higher education, student support services, major selection, college research, transfer admissions requirements, the college application process, transfer resources, transitional issues, and preparation for graduate and professional education. Field trips may be required.

**HCD 330 Life and Career Planning 1 Unit**

*Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course is a comprehensive approach to life and career planning based on extensive interests, personality type, values, and skills assessments. Personal and career goals are formulated using career research and decision-making strategies.

**HCD 331 Career and Job Search Strategies 1 Unit**

*Advisory: HCD 330*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course assists students preparing for the current job market. Topics include; researching career fields, developing specific career/educational goals, informational interviewing, internships, professional networking, resume writing, interviewing skills, and current job search strategies.

**HCD 336 Exploring Health Careers 1 Unit**

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course introduces a wide variety of healthcare and healthcare-related occupations, emphasizing educational programs and career opportunities. It includes the identification and analysis of career interests, skills, values, and personal traits, as well as occupational research, resulting in the development of educational and career plans.

**HCD 337 Exploring Health Careers 1 Unit**

*Advisory: ENGWR 102 or 103, or ESLW 320 with a grade of "C" or better; and ESLL 320 with a grade of "C" or better; or placement through the assessment process.*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course provides an opportunity to obtain information about a variety of health professions. This course explores the requirements to enter various health fields, including education, licensures, and volunteer experience. In addition, it offers opportunities to observe and gain knowledge in order to choose an appropriate health career goal.

**HCD 364 Introduction to Peer Mentoring 1.5-4 Units**

*Prerequisite: HCD 111, 114, 115, 310, or 318 with a grade of "C" or better*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 27-162 hours LAB*

This course offers instruction on the role of the peer mentor at the community college level. Topics include skills and strategies associated with interpersonal communication, peer leadership, collaborative learning, problem solving, and assisting students in how to effectively and efficiently assist their peers in managing college and life experiences. This course is only open to students who have been selected to serve as peer mentors in an on-campus program, such as the First Year Experience, SAGES, Journey program, MESA, Puente, EOP&S, and Umoja.

**HCD 382 Learning Strategies for College and Life 3 Units**

*Advisory: Eligibility for ENGRD 116 and ENGWR 101; OR ESLR 320 and ESLW 320*

*General Education: AA/AS Area III(b); CSU Area E1*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

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.