

# COUNSELING (COUN)

## COUN-92 Orientation to College

0.5 Units

9 hours lecture; 9 hours total

An orientation to Napa Valley College that includes programs, services, policies and procedures, facilities, degrees, certificates, transfer requirements and college culture. Focus will be on strategies needed for academic success and the development of an academic plan.

Not transferable

## COUN-97 Managing the College Experience

0.5 Units

9 hours lecture; 9 hours total

This is a short term course to help first year students determine their academic strengths and weaknesses and develop skills and strategies for a successful college experience. Students will be introduced to transfer options, learn strategies to manage time, resources, and basic college study skills and to cope with the transitions related to college life.

Not transferable

## COUN-100 College Success

3 Units

54 hours lecture; 54 hours total

A course designed to assist students in obtaining the skills and knowledge necessary to reach their educational goals. Students will receive an extensive orientation to the college and its policies and programs. Students will also participate in career planning activities and be introduced to study skills in the areas of note-taking, reading skills, test-taking, and listening skills.

Transfers to both UC/CSU

## COUN-101 College Discovery

1 Unit

18 hours lecture; 18 hours total

A short-term, intensive course designed to help students adjust to college by orienting them to college resources and teaching them how to network with others. Students will identify and address strengths and barriers related to college success, as well as discover their own learning style and attitude. Students will also learn effective college/classroom behaviors, including listening, concentration, note-taking, and academic honesty. Self-management skills will be addressed, along with motivation, personal responsibility, and self-discipline.

Transfers to CSU only

## COUN-104 Foundations of Well-being

3 Units

54 hours lecture; 54 hours total

The study and application of key concepts that promote sustainable well-being. Topics include: happiness, positive and negative emotions, relationships, accomplishment, stress management and vitality as they relate to the well-being of college students.

Transfers to both UC/CSU

## COUN-105 Planning for Transfer Success

1.5 Units

27 hours lecture; 27 hours total

An introduction to the transfer process designed to assist students in planning their long-term educational goals. Students will gain an understanding of transfer requirements, the application of admission process, degrees offered, financial aid, scholarships, housing and supportive services, which will help the student choose the "right college.

Transfers to CSU only

## COUN-110 Career/Life Plan

3 Units

54 hours lecture; 54 hours total

A comprehensive course designed to assist students in obtaining the necessary skills and resources for effective career, educational, life planning and self-development. Students will gain an understanding of their skills, values, interests and personality type based on a variety of assessments and learn how to apply these to career decision-making and goal setting. Students will also learn job search techniques and learn how to gather and assess educational, occupational, and labor market information.

Transfers to both UC/CSU

## COUN-111 Career Decision-Making

1.5 Units

27 hours lecture; 27 hours total

This course will guide students through a short-term career and educational planning process, to develop the skills and resources necessary to make an informed career decision and to set realistic, achievable goals.

Transfers to both UC/CSU