Counseling

The Counseling Department offers courses that help students develop the skills they need to succeed in college and make effective career and life choices.

Contact Information

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Courses

COUN 100: College and Career Success
Units: 3
Prerequisites: None
Acceptable for Credit: CSU, UC
Lecture 3 hours.
Course Typically Offered: Fall, Spring, and Summer

This course teaches success strategies to enhance academic and lifelong learning while integrating career and academic planning. The course evaluates theories and strategies of college success, including time management, study skills, health and wellness, diversity and global awareness, communication, and critical thinking. Students analyze career-related assessments, research careers and majors, and develop an academic plan. Recommended for first-time and returning students or those undecided on a major or goal. UC CREDIT LIMITATION: Credit for COUN 100, COUN 105, or INTR 100.

COUN 101: Orientation to College
Units: 1
Prerequisites: None
Acceptable for Credit: CSU
Lecture 1 hour.
Course Typically Offered: Fall, Spring, and Summer

This course prepares new and returning students to develop the knowledge, skills, attitudes, and behaviors necessary for academic and personal success during a student's first semester in college. Topics include college expectations, the function of higher education, study skills, campus resources and policies, and personal development skills.

COUN 105: Transfer Success
Units: 1
Prerequisites: None
Acceptable for Credit: CSU, UC
Lecture 1 hour.
Course Typically Offered: Fall, Spring

This course promotes academic success by providing students with information that will clarify the transfer process, identify support services on campus, and assist them in developing a comprehensive transfer plan. Topics include a review of higher education options, the process for determining a major, applications and admissions timelines, and criteria for establishing educational goals. UC CREDIT LIMITATION: Credit for COUN 100, COUN 105, or INTR 100.

COUN 115: Introduction to Multicultural Counseling
Units: 3
Prerequisites: None
Acceptable for Credit: CSU
Lecture 3 hours.
Course Typically Offered: Spring

This survey course provides an exploration of major multicultural counseling theories and research focusing on racial and cultural identity, values, and how people behave across different cultures. The course emphasizes critical thinking and self-awareness, and it explores how understanding cultural identity shapes the way people interact with others. Students will learn about culturally responsive approaches to connect with people and handle conflicts, tying in theory with real-life counseling situations involving diverse communities.

COUN 292: Internship Studies
Units: 0.5-14
Prerequisites: None
Corequisite: Complete 54 hours of work per unit, paid or unpaid.
Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.
Acceptable for Credit: CSU
Course Typically Offered: To be arranged

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.