

COLLEGE SUCCESS & CAREER READINESS (CSCR)

CSCR-100 College Success and Career Readiness **3 Units (LEC 48-54)**

This course is designed to empower students with effective strategies for making wise choices in three areas: personal, academic, and career pathways. The course focuses on a strong clear reason for staying in school, more ability to cope with the challenges of transitioning into a new life, educational planning, learning styles, campus resources, and effective strategies for personal health and wellness. (formerly GUID 100)

Transfers to both UC/CSU

AA/AS General Education: AA/AS E

CSCR-116 Integrative Career/Life Planning (formerly GUID-116) **3 Units (LEC 48-54)**

This course integrates a multidimensional process of adult and career development for achieving wholeness over the life span. Applying psychological, sociological, and physiological concepts, students explore strategies to create a meaningful life purpose within changing global environments and connect career/life roles, relationships, and lifestyles. Students master effective career/life management skills, value diversity and inclusively, and manage personal and career transitions during workplace and societal changes. (formerly GUID 116)

Other Enrollment Criteria: Students must pay fees for two career assessments at time of registration.

Transfers to CSU only

AA/AS General Education: AA/AS E

CSCR-502 Personal Success Habits of Highly Effective People (formerly GUID-120) **3 Units (LEC 48-54)**

This course provides students with personal achievement principles, coping strategies, and life skills that develop each area of emotional, social, and educational and professional life. This course emphasizes the mastery of human effectiveness such as integrity, honesty, service, time management, conflict resolution, goal setting, decision-making skills, and effective communication skills. (formerly GUID 120)

Transfers to CSU only

AA/AS General Education: AA/AS E

CSCR-504 Career Search (formerly GUID-110) **1 Unit (LEC 16-18)**

This course provides undecided students with essential skills to make informed and satisfying career decisions. Students identify personal interests, values, abilities, personality styles, and lifestyle goals using a variety of career assessment instruments. Strategies and skills for occupational and educational exploration, decision-making, and goal-setting are developed. A realistic career action plan is created. (formerly GUID 110)

Other Enrollment Criteria: Students must pay fees for two career assessments at time of registration.

Transfers to CSU only