

PDEV 0800 - CAREER ESSENTIALS - LOOKING INSIDE

Catalog Description

Hours: 10 lecture

Description: Introduction to the career decision-making process using career assessment tools to formulate a career profile. Includes self assessment of personality, values, interests, skills and learning style. (pass/no pass grading) (noncredit)

Course Student Learning Outcomes

- CSLO #1: Apply career-related self-awareness gained through self-assessment to career and life decisions.

Effective Term

Fall 2019

Course Type

Noncredit

Contact Hours

10

Outside of Class Hours

20

Total Student Learning Hours

30

Course Objectives

1. Explain the career exploration process, its steps and cycle and their own motivations for completing the course.
2. Learn how to access technological resources related to the course.
3. Complete and analyze a variety of assessments to identify and understand their own values, interests, skills, personality and learning style.
4. Identify priorities within these factors.
5. Learn SMART goal setting process and use it to set career and life goals based on self-assessment results and reflection.
6. Create a career profile which reflects and integrates personality, values, skills, interests and learning style along with career and life goals.
7. Gain knowledge and create course products to inform future career choices.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- Not Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: This I Believe is a group analysis, discussion and presentation on the key value or belief presented in the chosen essay. Students will then share their own key value or belief and explain how their words or actions portray it. Full participation, identification of a personal key value and adequate support for that value are key determinants in assessing students' success in completing this assignment.
- Projects
 - Example: Students write a BioPoem. The rubric for successful completion of the Bio Poem includes: following the template, answering all of the prompts with thoughtful, relevant details, adding visual interest through colors, art, text that reflects the individual's 'brand', timely submission and a concise presentation of the key aspects to the class.

Repeatable

Yes

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor introduces the career factor (ex. values) including definitions and role in career decision-making.
2. Students complete one objective assessment and one subjective assessment.
3. Instructor takes students through a clarification, confirmation, and prioritization process to identify core values.
4. Students collectively read essays from "This I Believe" website and participate in discussions/discussion boards to identify the core values stated and acted upon by the authors.
5. They then formulate the opening statement to their own "This I Believe" essay and share it.
6. Students then apply all this information, discussion and results to their own career process and submit a journal explaining the role of each, providing their own context and understanding of it.

Distance Learning

1. Following an online lecture on BioPoems, students write a BioPoem using the provided template.
2. Create a visual representation of your BioPoem using text, photos, clipart, etc.
3. Post the BioPoem on the BioPoem discussion board and then view 5 other student's submissions and post a reflective comment on each.

Typical Out of Class Assignments

Reading Assignments

1. Read five "This I Believe" essays and participate in discussion about core values that are presented and demonstrated. 2. Read and reflect on the True Colors report at the end of the assessment.

Writing, Problem Solving or Performance

1. Write a Dream Job Description incorporating all aspects of your assessments including your core values, interests, skills, personality and learning styles, and add in additional details pulled from the Dream Job questionnaire. 2. Write a journal about what happiness and success mean to you and also address what you believe your purpose to be.

Other (Term projects, research papers, portfolios, etc.)

1. Compile a portfolio including your Assessment Results Summary, BioPoem, SMART goals, and Dream Job Description.

Required Materials

Other materials and-or supplies required of students that contribute to the cost of the course.

Access to online assessments, videos, career and class resources. Ability to print some handouts, assignments.