

# PERSONAL DEVELOPMENT (PDEV)

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## **PDEV 0001. College and Life Success**

*Units: 3*

Hours: 54 lecture

Strategies for creating success in college, life and career. Apply psychological, social, and physiological principles to success. Explore personality, interests, and values to increase self-understanding and select an appropriate major and career. Examine adult stages of development and discover strategies for lifelong learning. Apply psychological principles of learning and strengthen academic study strategies such as note taking, memorizing and test taking skills. Apply life management techniques to accomplish goals. Develop a plan for wellness and living a long and healthy life. Learn strategies for motivation and stress management. Practice creative and critical thinking techniques, problem-solving, and decision-making. (CSU, UC-with unit limitation)

## **PDEV 0006. Career Planning**

*Units: 3*

Hours: 54 lecture

Individual assessments of personality, interests, values, and skills to help identify appropriate careers and college majors. Occupational research, research on educational requirements, goal setting, decision-making, and job search strategies; including resume writing and interviewing. (CSU)

## **PDEV 0008. Introduction to College**

*Units: 0.5-2*

Hours: 9 lecture per .5 unit

Introduction to higher education, the college catalog, college terms, degree/certificate requirements, student resources, student success practices, steps to choosing a major and overview of the transfer process to four year colleges/universities. Students formulate an educational plan to increase success in reaching educational goals. (CSU, UC-with unit limitation)

## **PDEV 0009. Assertiveness Training**

*Unit: 1*

Hours: 18 lecture

Step by step strategies for becoming more assertive, rather than passive or aggressive. Learn verbal and nonverbal skills for communicating with people more authentically, effectively and fairly. Examines cultural and social differences in assertive communication. (CSU)

## **PDEV 0012. Peer Mentor Training**

*Units: 3*

Hours: 54 lecture

Experiential introduction to the method and process of being a skilled helper in academic peer support programs. Emphasis on communication skills, relationship development, knowledge of higher education, college policies and resources with the goal of promoting the academic and psychosocial factors that contribute to college and life success. (CSU)

## **PDEV 0021. Career Exploration through Self Assessment**

*Units: 0.5-1*

Hours: 15 (3 lecture, 12 activity) per .5 unit

Introduction to the career decision making process using career assessment and educational planning tools. Includes self assessment of personality, values, interests and skills; analysis and exploration of course of study and career options; development of a career action plan; and creation of a student educational plan. (CSU)

## **PDEV 0028. Independent Study**

*Units: 1-3*

Designed for students interested in furthering their knowledge at an independent study level in an area where no specific curriculum offering is currently available. Independent study might include, but is not limited to, research papers, special subject area projects, and research projects. See Independent Study page in catalog. (CSU)

## **PDEV 0052. Student Leadership Development**

*Units: 2*

Hours: 36 lecture

Leadership in student government, campus clubs and non-academic contexts. Application of practical leadership skills on out-of-class projects; includes planning and running effective meetings, parliamentary procedure, group leadership and motivation techniques. (CSU)

## **PDEV 0070. Stress and Well Being**

*Units: 3*

Hours: 54 lecture

A review of the causes, effects and solutions for stress. Explores the relationship between the psychological and socio-cultural factors. Coping techniques include meditation, cognitive strategies and the practice of wellness. (CSU, UC)

## **PDEV 0094. Career Exploration Internship**

*Units: 0.5-4*

Exposure to business/industry under the direction of a worksite supervisor, related to student's educational or occupational goals. Develops career awareness, experience and knowledge with a focus on job skills that enhance academic learning. Mandatory orientation session and faculty approval to determine eligibility. Students may earn up to a total of 16 units in internship courses (any course numbered 95 and PDEV 94). (CSU-with unit limitation)

## **PDEV 0095. Internship in Personal Development/Human Services**

*Units: 0.5-4*

Designed for advanced students to work in an area related to their educational or occupational goal. Provides new on-the-job technical training under the direction of a worksite supervisor, allowing students to expand knowledge and skills in the chosen field. Mandatory orientation session and faculty approval to determine eligibility. One unit of credit is equal to each 60 hours of non-paid work, or each 75 hours of paid work. Students may earn up to a total of 16 units in internship courses (any course numbered 95 and PDEV 94). (CSU-with unit limitation)