

GUI-47 — CAREER EXPLORATION AND LIFE PLANNING

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None

Description: In depth career and life planning: Topics include extensive exploration of one's values, interests and abilities; life problem-solving and self-management skills; adult development theory and the changes that occur over the life span; self-assessment including identifying one's skills and matching personality with work. An intensive career investigation; decision making, goal setting and job search strategies, as well as resume writing and interviewing skills will also be addressed. This course is designed to assist those students considering the transition of a career change or undecided about the selection of a college major. 54 hours lecture. (Letter grade only)