

Personal Development

PD 100 Personal and Career Exploration

3.0 units

Acceptable for credit: Transfer to UC, CSU

C-ID Course Number: N/A

Provides in-depth career direction with an intensive exploration of one's own values, interests, abilities, and an intensive career information search. Instruction includes self-paced materials, lecture, small group discussion, interviews, and input from various campus departments. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

PD 101 Success in College

3.0 units

Acceptable for credit: Transfer to UC, CSU

C-ID Course Number: N/A

Assists students in considering individual development with the goal of increasing knowledge of self and others within the college. Topics include self-knowledge and assessment, learning to learn, and making the best use of college resources. This course is not open to students who have received credit for LS 101. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

PD 102 Human Relationships

3.0 units

Acceptable for credit: Transfer CSU

An exploration of the dynamics of human relationships with an emphasis on a positive view of human connections, and how individuals relate to one another. Counseling and psychology theories integrated with communication skills are combined to better understand oneself within relationships and how to create positive relationships. (F,S) (Fall, Spring) (Letter Grade or Pass/No Pass)

PD 110 College Success Seminar

1.0 unit

Acceptable for credit: Transfer CSU

C-ID Course Number: N/A

Designed specifically for first-time students to introduce them to the college and its resources. Develops critical awareness of the student's role in the college culture focusing on strategies for achieving academic success. Teaches students to deal effectively with the myriad of academic, personal, and professional choices through interactive learning and practical application. Students will transfer skills and abilities to other courses thereby improving student success. (Fall, Spring, Summer) (Pass/No Pass)

PD 114 Navigating University Transfer

1.0 unit

Acceptable for credit: Transfer CSU

C-ID Course Number: NA

Designed specifically for transfer students to introduce them to information and resources available to facilitate their transfer from Allan Hancock College to four-year colleges and universities. Students will develop critical awareness of research tools and learn to explore transfer possibilities, focus on strategies for selecting schools that fit their academic and personal needs, and design

a plan for achieving their transfer goals. (Fall, Spring, Summer) (Pass/No Pass)

PD 115 Career Planning

1.0 unit

Acceptable for credit: Transfer CSU

A career planning course designed to assist students in discovering their basic aptitudes, skills, interests, personality, and values. Uses standardized vocational preference inventories, self-directed search, and career resource research to develop a career and educational plan. (F,S) (Pass/No Pass)