

Personal Development

PD 100 Personal and Career Exploration

3.0 units

Acceptable for credit: Transfer to UC, CSU

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. (Letter Grade or Pass/No Pass)

PD 101 Success in College

3.0 units

Acceptable for credit: Transfer to UC, CSU

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 are enrolled in or have received credit for Learning Skills 101 or Personal Development 105. (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

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. (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)