

Area: Student Services  
 Dean: Jeffrey Stephenson  
 Phone: (916) 484-8375

American River College's counseling and guidance classes are designed to help the student in achieving success in college through a variety of classes, which include study skills, exploration of careers, and field experience in the disabled student services program.

### Human Career Development

**HCD 111 College Discovery Program 1 Unit**

*Hours: 18 hours LEC*

This course is designed to teach about options and resources relevant to student success at American River College. The focus is on academic and personal goal setting, campus resources, academic requirements, basic study skill development and strategies that are compatible with academic success.

**HCD 114 Human Potential Seminar 2 Units**

*Hours: 36 hours LEC*

This course provides an in-depth examination of techniques to be used in enhancing one's chances for success in college. It is designed to meet the needs of students who are experiencing difficulty in achieving their goals in higher education. Course topics include: motivation, goal setting, communication skills, time management, exam preparation, note taking and reading college textbooks. It is required for most dismissed students for readmission to the college.

**HCD 115 Orientation to College .5 Units**

*Prerequisite: None  
 Hours: 9 hours LEC*

This course is an introduction to college services and programs at American River College. Topics covered include campus resources, procedures and college requirements. Additionally, a campus tour is required.

**HCD 122 Study Skills 1 Unit**

*Same As: INDIS 100  
 Hours: 18 hours LEC*

This course covers specific study skills strategies. It provides the opportunity to analyze attitudes toward studying, and current study skill habits. Topics include specific learning styles, strategies for time management, goal setting, note-taking, memory improvement, reading skills, and how to prepare for, and take exams. This course is not open to students who have completed INDIS 100.

**HCD 136 Career Preparation and the World of Work 3 Units**

*Hours: 54 hours LEC*

This course provides career planning based on the assessment of interests, personality traits, values, and skills. It develops strategies for a career campaign, including cover letter/resume writing. It concentrates on the physical and emotional demands of work, the study of work among professional, technical, and laboring groups, as well as large and small companies.

**HCD 160 Applied Life and Success Skills 2 Units**

*General Education: AA/AS Area III(b)  
 Hours: 36 hours LEC*

This course covers the skills and tools necessary for daily independent living and success as a college student. It focuses specifically on disability management, personal goals and community and campus resources. It also serves as preparation for those individuals who are interested in careers in human services and disability services.

**HCD 310 College Success 3 Units**

*Advisory: ENGRD 116 or ESLR 320; ENGWR 102 or 103 or ESLW 320  
 General Education: AA/AS Area III(b); CSU Area E1  
 Course Transferable to UC/CSU  
 Hours: 54 hours LEC*

This course covers the skills and knowledge necessary for college success. Topics include motivation, self discipline, learning styles, memory development, time management, communication skills, goal-setting, career planning, study skills and techniques, and critical thinking skills. Additionally, it covers personal issues that are commonly encountered by many college students. Campus resources, college regulations, and information competency are also addressed. This course is highly recommended for first time college students and/or continuing college students who would benefit. Field trips may be required.

**HCD 318 Transfer: Making It Happen 2 Units**

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.  
 General Education: AA/AS Area III(b)  
 Course Transferable to UC/CSU  
 Hours: 36 hours LEC*

This course provides a comprehensive study of the university transfer process as it relates to community college students. Topics include an overview of American higher education, transfer admissions requirements, college research, major selection, transfer resources, student support services, transitional issues, the college application process, and preparation for graduate and professional education. Field trips may be required.

**HCD 330 Life and Career Planning 1 Unit**

*Advisory: ENGWR 51, ESLR 310, or ESLW 310  
 General Education: AA/AS Area III(b)  
 Course Transferable to CSU  
 Hours: 18 hours LEC*

This course is a comprehensive approach to life and career planning based on extensive measurement of aptitude, interests, personality type, values, and skills. Personal and career goals are formulated using career research and decision-making strategies. Course topics include changing career trends and job search techniques.

**HCD 331 Career and Job Search Strategies 1 Unit***Advisory: HCD 330**General Education: AA/AS Area III(b)**Course Transferable to CSU**Hours: 18 hours LEC*

This course is designed to assist in the development of research skills in preparation for future employment in a competitive employment market. Topics include researching career fields, setting specific career/educational goals, and examining employment trends. It also includes resume writing, interview skills, and job search strategies.

**HCD 336 Exploring Health Careers 1 Unit***General Education: AA/AS Area III(b)**Course Transferable to CSU**Hours: 18 hours LEC*

This course will introduce a wide variety of health-related occupations with particular emphasis on educational programs and career opportunities. Through analysis of interests, personality, and research, an individual college and career plan will be developed.

**HCD 337 Exploring Health Careers 1 Unit***Advisory: ENGWR 102 or 103, or ESLW 320 with a grade of "C" or better; and ESLL 320 with a grade of "C" or better; or placement through the assessment process.**Course Transferable to CSU**Hours: 18 hours LEC*

This course provides an opportunity to obtain information about a variety of health professions. This course explores the requirements to enter various health fields, including education, licensures, and volunteer experience. In addition, it offers opportunities to observe and gain knowledge in order to choose an appropriate health career goal.

**HCD 364 Introduction to Peer Mentoring 1.5-4 Units***Prerequisite: HCD 111, 114, 115, 310, or 318 with a grade of "C" or better**Course Transferable to CSU**Hours: 18 hours LEC; 162 hours LAB*

This course offers instruction on the role of the peer mentor at the community college level. Topics include skills and strategies associated with interpersonal communication, peer leadership, collaborative learning, problem solving, and assisting students in how to effectively and efficiently assist their peers in managing college and life experiences. This course is only open to students who have been selected to serve as peer mentors in an on-campus program, such as the Re-entry Center, Spot, Journey program, MESA, Puente, EOP&S, and Umoja.

**HCD 380 Specific Learning Skills Assessment 1 Unit***Enrollment Limitation: Course requires a mandatory orientation to determine appropriateness of assessment for learning disabilities.**Course Transferable to CSU**Hours: 18 hours LEC*

This course is designed for the student with special learning difficulties who may have a specific learning disability. This course includes a series of individual assessments of learning strengths and weaknesses to determine eligibility for Learning Disabilities services using criteria mandated by the California Community College Learning Disabilities Eligibility and Services Model (LDESM). Pass/No Pass only.

**HCD 382 Specific Learning Strategies 3 Units***Advisory: ENGRD 116 and ENGWR 102 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better**Course Transferable to CSU**Hours: 54 hours LEC*

This course provides learning support related to specific learning disabilities. It presents academic strategies to compensate for learning disabilities in order to provide for success in other college course work.

**HCD 384 Field Experience in Disabled Student Programs and Services 3 Units***Prerequisite: None**Advisory: ENGWR 102 or 103 or ESLW 320 or ESLR 320.**Course Transferable to CSU**Hours: 162 hours LAB*

This course provides the student with an in-depth understanding, increased knowledge, and direct application of the techniques and skills required to assist disabled students to be successful in the college setting. The majority of course time will be spent providing support services to students with disabilities. Placement will be determined by the instructor. May be taken three times for credit.

**HCD 386 Experiences in Disabled Student Programs and Services .5-3 Units***Prerequisite: None**Advisory: ENGWR 102 or 103 or ESLW 320 or ESLL 320.**Course Transferable to CSU**Hours: 162 hours LAB*

This course allows students an initial opportunity to provide direct, supervised services to disabled college students, thereby assisting in their adaptation to the physical and academic environment of the community college setting. Placement on campus determined by instructor. Course can be entered up to twelfth (12th) week. May be taken for a maximum of nine (9) units.