American River College’s Human Career Development courses are designed to help the student in achieving success in college through a variety of classes, which include study skills, career exploration, college success, transferring to four year institutions, life skills, peer mentoring, and academic strategies for students with specific learning disabilities.

### Human Career Development

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours:</th>
<th>Prerequisite</th>
<th>Course Transferable to</th>
<th>General Education:</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCD 111</td>
<td>College Discovery Program</td>
<td>1</td>
<td>18</td>
<td>None</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
</tr>
<tr>
<td>HCD 114</td>
<td>Human Potential Seminar</td>
<td>2</td>
<td>36</td>
<td>Eligible for ENGRD 116 AND ENGRWR 101; OR ESLR 320 AND ESLW 320.</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 115</td>
<td>Orientation to College</td>
<td>0.5</td>
<td>9</td>
<td>None</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 122</td>
<td>Study Skills</td>
<td>1</td>
<td>18</td>
<td>Eligible for ENGRD 116 AND ENGRWR 101; OR ESLR 320 AND ESLW 320.</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 160</td>
<td>Applied Life and Success Skills</td>
<td>2</td>
<td>36</td>
<td></td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 310</td>
<td>College Success</td>
<td>3</td>
<td>54</td>
<td>Eligible for ENGRD 116 or ESLR 320; ENGWR 102 or 103 or ESLW 320.</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
</tr>
<tr>
<td>HCD 318</td>
<td>Transfer: Making It Happen</td>
<td>2</td>
<td>36</td>
<td>Eligible for ENGRD 310 AND ENGRD 116 with a grade of &quot;C&quot; or better; OR ESLR 320 and ESLW 320 with a grade of &quot;C&quot; or better.</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 330</td>
<td>Life and Career Planning</td>
<td>1</td>
<td>18</td>
<td>Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
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<tr>
<td>HCD 331</td>
<td>Career and Job Search Strategies</td>
<td>1</td>
<td>18</td>
<td>Eligible for HCD 330</td>
<td>UC/CSU</td>
<td>AA/AS Area III(b)</td>
</tr>
</tbody>
</table>

This course assists students preparing for the current job market. Topics include: researching career fields, developing specific career/educational goals, informational interviewing, internships, professional networking, resume writing, interviewing skills, and current 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 ESLLL 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, 45-162 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 First Year Experience, SAGES, 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). A portion of this course may be offered in a TBA component of 18 hours which may include meeting with instructor to: determine eligibility, discover learning styles and study strategies, accessing and utilizing campus resources, practice using adaptive software. 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.