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.

HCD 111  College Discovery Program  1 Unit
Formerly: HCD 50  
Prerequisite: None  
Hours: 18 hours LEC  
This course is a review of opportunities and resources relevant to student success at American River College. It will focus on goals and objectives, campus requirements, and skills, techniques, and attitudes compatible with student progress. Examination of student services, instructional area, and campus life. May be taken twice for credit.

HCD 114  Human Potential Seminar  2 Units
Formerly: HCD 53  
Prerequisite: None  
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. It is required for most dismissed students for readmission to the college.

HCD 117  Adult Opportunity Program  1 Unit
Formerly: HCD 56  
Prerequisite: None  
Hours: 18 hours LEC  
This course explores opportunities for adults and assists them with decision making on careers, community service, education and personal enrichment. Includes testing, goal planning and orientation to American River College. Offered on a credit/no credit basis.

HCD 136  Careers and the World of Work  3 Units
Formerly: HCD 63  
Prerequisite: None  
Hours: 54 hours LEC  
This course provides career planning based on the measurement of aptitude, interest, 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 310  College Success  3 Units
Prerequisite: None  
Advisory: Eligibility for ENGRD 116 or ESR 320; ENGRW 102 or 103 or ESR 320.  
Course Transferable to UC/CSU  
Hours: 54 hours LEC  
This course will cover the skills and knowledge necessary for college success. Topics to be covered include motivation and self discipline, learning styles, memory development, time management, communication skills, goal-setting, study techniques, critical thinking skills, and personal issues that face many college students. Campus resources and college regulations will also be covered. AA/AS area E2

HCD 316  Athletic Seminar  1 Unit
Formerly: HCD 30  
Prerequisite: None  
Course Transferable to CSU  
Hours: 18 hours LEC  
This course addresses the concerns and issues of student athletes. Course topics include support services at ARC, educational planning, career planning, study skills, two-year and four-year eligibility rules, recruitment rules, and nutrition.

HCD 318  Transfer: Making It Happen  2 Units
Formerly: HCD 16  
Prerequisite: None  
Course Transferable to CSU  
Hours: 36 hours LEC  
This course provides the necessary tools and skills to successfully transfer from a community college to a four-year college or university. In addition, it demonstrates the applications of knowledge from college research, self-analysis, and differentiation between college selection and majors. AA/AS area E2

HCD 330  Life and Career Planning  1 Unit
Formerly: HCD 12  
Prerequisite: None  
Advisory: ENGRW 51 or ESR 310 or ESR 310.  
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 will be formulated using career research and decision-making strategies. Course topics will include changing career trends and job search techniques. AA/AS area E2.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Formerly</th>
<th>Prerequisite</th>
<th>Course Transferable to CSU</th>
<th>Hours</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCD 331</td>
<td>Career and Job Search Strategies</td>
<td>1 Unit</td>
<td>HCD 13</td>
<td>None</td>
<td>Course Transferable to CSU</td>
<td>18 LEC</td>
<td>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. AA/AS area E2.</td>
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<tr>
<td>HCD 336</td>
<td>Exploring Health Careers</td>
<td>1 Unit</td>
<td>HCD 17</td>
<td>None</td>
<td>Course Transferable to CSU</td>
<td>18 LEC</td>
<td>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. AA/AS area E2.</td>
</tr>
<tr>
<td>HCD 337</td>
<td>Volunteer Experience in Health Careers</td>
<td>1.5 Unit</td>
<td>HCD 18</td>
<td>None</td>
<td>Course Transferable to CSU</td>
<td>9 LEC</td>
<td>54 LAB</td>
</tr>
<tr>
<td>HCD 380</td>
<td>Specific Learning Skills Assessment</td>
<td>1 Unit</td>
<td>HCD 21</td>
<td>None</td>
<td>Course Transferable to CSU</td>
<td>18 LEC</td>
<td>This course is designed for the student with special learning difficulties who may have a specific learning disability. Individual assessment of learning strengths and weaknesses will be completed to determine eligibility for Learning Disabilities services using criteria mandated by the California community college system. Offered on a credit/no credit basis only.</td>
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<tr>
<td>HCD 382</td>
<td>Specific Learning Strategies</td>
<td>3 Units</td>
<td>HCD 22</td>
<td>None</td>
<td>Course Transferable to CSU</td>
<td>54 LEC</td>
<td>This course provides learning support related to specific learning disabilities. It will present academic strategies to compensate for learning disabilities in order to provide for success in other college course work. May be taken twice for credit.</td>
</tr>
</tbody>
</table>