Counseling

Counseling and Special Services

Program Description

These courses are designed to assist students in making a successful adjustment to college, develop academic and career plans and goals, acquire learning skills, obtain job-seeking skills and employment, and develop interpersonal skills for life and work.

Associate Degree

Not offered in this discipline.

Counseling

COUN 007  3 Units
Coll Study Techniqs
Course Advisories: Eligibility for ENGL 001 and SCC minimum Math standard. This course provides an exploration of the intellectual, psychological, physiological and sociological factors that impact lifelong learning, well-being and success. Topics include: value of education and student responsibility; psychology of student attitudes, motivation, behaviors and self efficacy; critical thinking and effective study strategies; health issues and lifestyle choices; relying on others in a diverse world; effective written and oral communication; time management, campus and community resources; transfer and educational planning. Students will be required to purchase a current Solano College catalog. Three hours lecture.

COUN 050  3 Units
Career/Life Planning
Course Advisories: Eligibility for ENGL 001 and SCC minimum math standard. This course is designed to help students demonstrate an understanding and appreciation of the impact and significance of career choices on the social, psychological and physiological experiences throughout the life span. This course is also designed to help students identify their interests, skills, values and personality traits (self-assessment profile), conduct career research and exploration, and learn current job seeking skills. Students will analyze the relationship between themselves, their life choices and the ongoing process of career planning and self-development throughout the life span. Three hours lecture.

COUN 055  3 Units
Valuing Diversity
Course Advisories: Eligibility for ENGL 001 and SCC minimum math standard. An examination of the complexities of interpersonal relationships among several cultures in our society including self-concept, values, beliefs, communication and lifestyle. This course will invite exploration of individual cultural perception in order to promote respect for differences and to develop a sense of community. Examination requirements include written essays and critical papers. Three hours lecture.

COUN 058  3 Units
Life Management
See Human Development 058.

COUN 060  2 Units
Re-entry Strategies
Course Advisory: SCC minimum English standard. Designed to give students who are returning to school after an absence an introduction to and practice in skills to successfully complete college level studies. This course is intended to facilitate students’ confidence in their abilities to succeed through: an introduction to academic skills and effective communication; and exploration of college goal choices. Also included are techniques to help students discover and overcome common barriers such as: fears, time constraints, family resistance and personal stressors. Two hours lecture.

COUN 061  2 Units
Math Without Fear
Course Advisory: SCC minimum English standards. A counseling course to help math-anxious students evaluate the causes of math anxiety, to develop interventions to reduce math fear, to review math skills and to explore a variety of mathematical concepts. Three hours lecture.

COUN 062  3 Units
Helping Skills
Course Advisories: COUN 083, Eligibility for ENGL 001 and SCC minimum Math standard. An introduction to the basic helping skills that enable the student to build an alliance, effect change and empower others within a multicultural society. A helping model is introduced and helping skills such as attending, active listening, demonstrating empathy, assessment and referral are discussed, role played and applied in an experiential manner to a number of common challenges. In addition, the pertinent legal and ethical guidelines of the professional helping relationship are presented, discussed and applied throughout the course. Three hours lecture.
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<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>COUN 063</td>
<td>Field Work</td>
<td>3-6</td>
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<tr>
<td>COUN 064A</td>
<td>Practicum I</td>
<td>4</td>
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<tr>
<td>COUN 064B</td>
<td>Practicum II</td>
<td>4</td>
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<tr>
<td>COUN 068</td>
<td>University Transfer</td>
<td>1</td>
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<tr>
<td>COUN 083</td>
<td>Applied Psychology</td>
<td>3</td>
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<tr>
<td>COUN 088</td>
<td>Mesa Enrich</td>
<td>1</td>
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<tr>
<td>COUN 098</td>
<td>Performance Enhancement</td>
<td>3</td>
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<tr>
<td>COUN 101</td>
<td>Orient/Coll Success</td>
<td>0.5</td>
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<tr>
<td>COUN 102A</td>
<td>Time Mgmt &amp; Goals</td>
<td>0.5</td>
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</tbody>
</table>
Counseling

COUN 102B          0.5 Unit
Learning Styles and Life Skills
Prerequisite: None. NOTE: Not open for credit to students who have completed COUN 007 with a grade of “C” or better.
Course Advisories: SCC minimum English and Math standards.
Introduces concepts and strategies of learning styles, self-esteem, managing emotion and overcoming barriers to learning. Emphasis is placed on practice and application to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently with this course. One hour lecture, three hours lab (4 week course).

COUN 102C          0.5 Units
Study Systems
Course Advisories: SCC minimum English and Math Standards.
This course introduces note-taking, reading and study environment concepts/strategies and identifies attitudes and learning styles to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently. Note: Not open for credit to students who have completed COUN 7 with a grade of “C” or better. Four hours lecture. (2 week course)

COUN 102D          0.5 Units
Study Systems
Prerequisite: None. NOTE: Not open for credit to students who have completed COUN 007 with a grade of “C” or better.
Course Advisories: SCC minimum English and math standards.
Introduces note-taking, reading and study environment concepts and strategies and emphasizes their practice and application to assist students to achieve their educational and career goals. Other COUN 102 courses may be taken concurrently with this course. One hour lecture, three hours lab (4 week course).

COUN 103          3 Units
Disability and Success
Course Advisories: SCC minimum English and Math standards.
Primarily for students with disabilities.
This is an orientation course to assist students with disabilities in accessing services and completing their community college goals. It includes the SCC Disability Service Program, the College community, community agencies serving people with disabilities, laws and disabilities, coping with a disability, self advocacy, success in the classroom, and a final “Plan for Personal Disability Management.” Students will receive a letter grade. Repeatable 1 time. Three hours lecture.

COUN 104          3 Units
Wellness and Maintaining Good Health
This course provides the tools, goals, and objectives, toward creating and maintaining good mental health. The course also addresses strategies for creating and maintaining health in the face of living with a chronic illness. Students will create their personal Wellness and Recovery Action Plan (WRAP) based on the concepts presented. This is a pass/no-pass only course. Repeatable 1 time. Three hours lecture.

COUN 148E          1 Unit
This is a transition course for high school seniors who are planning on entering the Community College system and receiving Disability Services. It includes the matriculation process of entering into college, the difference between college and high school for students with disabilities. Students will obtain a beginning understanding of how to navigate successfully through the Community College system and Disability Services. This is a pass/no-pass only course.
Two hours lecture.

COUN 301          3 Units
Adaptive Personal Development Life Skills
Course Advisories: Primarily for students with disabilities.
This course introduces career and job awareness and readiness for students with a disability. It will cover career and job related, interests, aptitudes, and personality characteristics. Students will also develop an awareness of the strengths and difficulties with their disability in particular job related task analyses. Disability related community agencies, as well as disability benefits versus employment salaries will be covered. This is a pass/no-pass only course. Repeatable 1 time. Three hours lecture.

COUN 302          3 Units
Adaptive Personal Development Life Skills
Course Advisories: Primarily for students with disabilities.
This Adaptive Personal Development course will teach students methods to enhance their self esteem and self determination. Students will also learn disability awareness, a healthy life style, interpersonal relations, and independent living skills. This is a pass/no-pass only course. Repeatable 1 time. Three hours lecture.

COUN 348C          3 Units
Well-being for Life Skills
This is a well-being or health course primarily for students with disabilities who are transitioning into the community for the purpose of having a healthy approach to life for personal, family and career life skills. This is a pass/no-pass only course. Three hours lecture.

COUN 510          Non-Credit
Matriculation Assessment/Orientation
In a three-hour time frame, students will take a skills test in writing and reading, will be provided the results of that test, will be provided a preliminary indication of their English and math placement, and will be provided with a brief overview of the programs, services, policies, and procedures of Solano College. A total of three hours by arrangement.

Special Topics
These courses, number 048, 098 or 148 depending upon their transferability, are courses of contemporary interest centered on changing knowledge and important issues in the field. Announcements of Special Topics courses appear in the Schedule of Classes.
LEARNING SKILLS

LS 102  3 Units
Learning Skills Strategies
Course Advisories: SCC minimum English and Math standards. Enrollment in other college courses recommended as strategies are applied to curricular materials. Helps the student with cognitive learning and processing disabilities that is planning to transfer to a 4-year school. The student will learn to analyze, compare, think critically and select effective learning strategies to help them access college curricular materials. Throughout the semester, students will learn to develop their self-understanding and ability to advocate for effective accommodations in academic, work, and social settings. Two hours lecture, two hours activity.

LS 301B  1 Unit
Reading Strategies
Course Advisories: SCC minimum English and Math standards. Enrollment in other classes is strongly recommended as strategies are applied to curricular materials. This course is one in a series of four that helps students with cognitive processing disabilities. This course focuses on strategies specific to reading needs. Students will learn to apply paraphrasing, questioning, pre-reading, vocabulary, and other strategies to help with their processing deficits. This is a credit/no-credit only course. Two hours lecture, one hour activity (8 week course).

LS 301C  1 Unit
Writing Strategies
Course advisory: SCC minimum English and Math standards; student advised to meet with DSP counselor and instructor prior to enrollment. Student advised to take other non-Learning Skills courses. This course is one in a series of four that helps students with cognitive processing disabilities. This course focuses on alternative strategies to become skillful in sentence writing, paragraph writing, error monitoring and theme writing to access their college classes. This is a credit/no-credit only course. Two hours lecture, one hour activity (8 week course).

LS 306A  3 Units
Spelling Strategies
Emphasizes special spelling techniques, computer-assisted instruction, and assistive-device instruction to help the student compensate for specific spelling disabilities impacting his/her college courses. Covers phoneme awareness, morphograph analysis, and beginning rule applications to affixes and base words. The students also begin to learn compensatory strategies. This is a credit/no-credit only course. Repeatable 1 time NOTE: Combined enrollments in LS 306A and LS 306B may not exceed 3. Three hours lecture.

LS 306B  3 Units
Spelling Strategies
Prerequisite: LS 306A. Emphasizes special spelling techniques, computer-assisted instruction, and assistive-device instruction to help the student compensate for specific spelling disabilities impacting his/her college courses. Continues with additional morphograph analysis, new rule applications, and concentration on compensatory strategies, greater emphasis on written application. This is a credit/no-credit only course. Repeatable 1 time NOTE: Combined enrollments in LS 306A and LS 306B may not exceed 3. Three hours lecture.

LS 307  3 Units
Reading for Life Skills
Course advisory: Primarily for students with disabilities. This reading course is written specifically for basic level readers to address their need to understand the printed material they encounter in everyday situations. The reading involves practical life skills materials such as the newspaper, job applications, work place, supermarket, restaurant, department store, directories and guides, personal health, nutrition, and grooming, bills, and much more. This is a pass/no-pass course only. Repeatable 1 time. Three hours lecture.

LS 312  1 Unit
Computer Tools For Accessibility
Course Advisories: SCC minimum English and math standards and concurrent enrollment in a non-Learning Skills course. Designed especially for the student with cognitive disabilities offering a variety of problem-solving solutions that include fundamental processing routines, academic skills solutions and productivity solutions. Students learn to be more successful in other college courses by integrating computers, software, and assignment requirements. This is a credit/no-credit only course. May be repeated to a maximum of 3 units, including initial enrollment. One hour lecture, two hours lab.

LS 313  1 Unit
Assistive Computer Technology I
Course Advisories: SCC minimum English and Math standards. A course for disabled students wishing to learn how to use assistive computer programs and hardware in academic and employment environments. Students will master the procedures for a configuration of assistive devices designed to overcome the limitations of their particular disabilities. May be repeated to a maximum of 6 units, including initial enrollment. Two hours lecture, two hours activity (8 week course).

LS 315  1 Unit
Assistive Computer Technology II
Prerequisite: LS 313. Course Advisories: SCC minimum English and Math standards. The second of a two course sequence for disabled students wishing to learn how to use assistive computer programs and hardware in academic and employment environments. Students will master the procedures for a configuration of assistive devices designed to overcome the limitations of their particular disabilities. May be repeated to a maximum of 6 units, including initial enrollment. Two hours lecture, two hours activity (8 week course).
### Counseling

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<th>Course Code</th>
<th>Units</th>
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<tr>
<td>LS 348A</td>
<td>0.5</td>
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<tr>
<td><strong>LD Studies</strong></td>
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<td>Prerequisite: Permission of LD Coordinator based on screening criteria indicating a learning disability. Student meets with Learning Specialist/Coordinator for initial intake. Student then meets individually with a learning specialist to complete the California Assessment System for Adults with Learning Disabilities. Course completed when all required components are completed. This is an open-entry/open-exit, only course. This is a pass/no-pass only course. <strong>Two hours by arrangement.</strong></td>
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<tr>
<td>LS 348C</td>
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<tr>
<td><strong>Math for Life Skills</strong></td>
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<td><em>Course Advisory: Primarily for students with disabilities.</em> This course will teach students the ability to solve math problems from everyday life situations. Students will decide to apply either addition, subtraction, multiplication, or division to everyday life situations. They will also learn the use of decimals, percents, and fractions in practical applications. The use of the calculator will be taught as an additional tool for life skills math. This course is not meant to prepare students for advancement to higher level math courses at the college. This is a pass/no-pass only course. <strong>One hour lecture, and two hours lab.</strong></td>
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<td>LS 348D</td>
<td>1</td>
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<tr>
<td><strong>Adaptive Basic Computer Skills</strong></td>
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<td><em>Course Advisory: Primarily for students with disabilities.</em> A basic skills computer course primarily for students with disabilities. Students will learn disability-specific assistive computer technology and learn basic computer operations for everyday life. This is a pass/no-pass only course. <strong>Three hours lecture.</strong></td>
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<tr>
<td>LS 350</td>
<td>3.5</td>
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<tr>
<td><strong>Learning Skills Assessment</strong></td>
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<td><em>Course Advisory: Eligible for ENGL 305.</em> This course is designed to help students know their academic strengths and weaknesses, help students discover their study and learning strategy style, and if necessary individually assess for a Learning Disability. Through reading, class activities, surveys, questionnaires, and assessment measures the student develops strategies that lead to proactive skills that help them become a more successful college student. <strong>Three hours lecture; two hours by arrangement.</strong></td>
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### Tutoring

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<th>Course Code</th>
<th>Units</th>
<th>Description</th>
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<tr>
<td>TUTR 050</td>
<td>0.5</td>
<td><strong>Tutoring Practicum</strong></td>
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<td>Tutoring Practicum</td>
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<td>Prerequisites: Completion with a grade of “B” or better in the subject to tutor, instructor recommendation, permission of Tutoring Center personnel after verification of prerequisites, and concurrent assignment as a Tutoring Center tutor or in-class tutor. Provides supervised practice in tutoring, examines the basics of learning principles, communication, listening skills, effective tutoring techniques and is required for all students who work or volunteer in the Tutoring Center. <strong>Eight hours lecture (1 week course).</strong></td>
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<tr>
<td>TUTR 500</td>
<td>Non-Credit</td>
<td><strong>Supervised Tutoring</strong></td>
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<td>Prerequisites: Recommendation by the course instructor or a counselor, permission of the Tutoring Center Supervisor to verify prerequisite, and concurrent enrollment in course or courses in which tutoring assistance is being requested. Provides academic support through content reinforcement and course-related materials. Peer tutors are assigned to individuals or small groups; the tutoring will take place in the Tutoring Center and the tutoring sessions are supervised by a credentialed instructor. Repeatable 6 times. This is an open entry/open exit course. <strong>One-half to three hours weekly by arrangement.</strong></td>
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### Special Topics

These courses, numbered 148 or 348, are designed to help students with specific learning disabilities and/or skills deficiencies. Announcements of Special Topic courses will appear in the Schedule of Classes.