Counseling

Program Description
These courses are designed to assist students in making 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.

COUN 007 3 Units
College Study Techniques
Course Advisory: 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 Advisory: 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 Advisory: 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
Course Advisory: SCC minimum English standard. A survey of the areas of life which influence decision-making. Students are introduced to areas of human development (emotional, intellectual, physical, and social) which influence decision making. They will analyze and evaluate differences in values, motivation, and goals. Includes introduction to financial, time and stress management, and communication skills. Requires written papers and problem-solving exercises. Three hours lecture.

COUN 060 2 Units
Strategies for Re-Entry Success
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 standard. 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. Two hours lecture.
Counselling

COUN 062 3 Units
Helping Skills: Creating Alliances & Facilitating Change
Course Advisory: 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.

COUN 064A 4 Units
Practicum I
Prerequisite: COUN 062, HS 051, HS 053. Course Advisory: Eligibility for ENGL 001 and SCC minimum Math standard. The first of a two-course sequence in a supervised Human Services practicum experience at an approved agency or educational setting. In order to develop and apply culturally sensitive and ethically sound helping skills, students will work a minimum of 100 hours and participate actively in a two hour weekly seminar. Placement at most sites will involve a criminal background check. Two hours lecture, six hours by arrangement.

COUN 064B 4 Units
Practicum II
Prerequisite: COUN 064A. Course Advisory: Eligibility for ENGL 001, SCC minimum Math standard and HS 055. The second semester of a two-course sequence in a supervised Human Services Practicum, required for Human Services majors. Students will further develop culturally and ethically competent helping skills as they continue to work in their approved site or work in a new approved site. Students will continue to hone and apply more advanced and educationally informed helping skills. This additional 100 hours in an approved site and its supporting 2 hour weekly seminar, will meet the Human Services certificate and Associates degree requirement and will help students further clarify their potential for a longer range educational and career path in Human Services, Social Work or Counseling. Practicum Sites often require students to pass a criminal background check. Two hours lecture, six hours by arrangement.

COUN 068 1 Unit
University Transfer Success
Course Advisory: SCC minimum English and Math standards. This course provides students with a concrete plan for understanding and succeeding in transferring to a four-year college or university. Topics include the following: Major selection; college options; application processes; academic preparation and individual education plans. Four hours lecture (4 week course).

COUN 083 3 Units
Applied Psychology
Course Advisory: Eligibility for ENGL 001. This course is an applied approach to understanding the fundamental concepts of psychology as they relate to daily life. Topics include examining methods of psychology, stages of personality development, personal learning, relationships, values, communication, motivation, emotions, lifestyle, and attitudes. Concepts will be introduced to foster the student’s understanding of his/her own personal development and life endeavors. Students will learn problem solving techniques by addressing real life concerns and developing solutions. Theories and applications will be applied across a diversity of settings. Three hours lecture.

COUN 088 1 Unit
Math, Engineering and Science Achievement (MESA) Enrichment
Course Advisory: SCC minimum English and Math standards. This course assists students in acquiring the knowledge and skills necessary to reach their educational goals in mathematics, engineering and science-related fields. Topics to be covered include: strengths assessment; math and science study skills; transfer preparation and career strategies. Students will synthesize and compare and contrast information to draw conclusions on course topics. One hour lecture.

COUN 098 3 Units
Performance Enhancement
Course Advisory: SCC minimum English and Math standards. Performance enhancement explores the psychological, social and physiological factors influencing optimal performance in life’s endeavors including academics, performing arts, sports, interpersonal and business relationships. Performance enhancement topics include self care, life balance, confidence, arousal management, motivation, goal attainment, concentration, positive self talk, commitment, uses of imagery and visualization, active listening and demonstrating empathy. Students will design and apply their own Personal Performance Plan to a variety of performance arenas. Three hours lecture.
Counseling

COUN 101  0.5 Unit
Orientation for College Success
Course Advisory: SCC minimum English and Math standards. This short-term course provides an in-depth orientation to college by introducing students to Solano Community College’s student support services, describing certificate, associate degree and transfer preparation and requirements, and by reviewing the college’s academic expectations. Educational goal setting will also be introduced. Students will be required to purchase a current Solano College catalog. Two hours lecture (4 week course).

COUN 102A  0.5 Unit
Time Management & Goal Setting
Course Advisory: SCC minimum English and Math standards. This course introduces goal setting and time management techniques such as analyzing time usage, prioritizing and developing a schedule 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 007 with a minimum grade of C.

COUN 102B  0.5 Unit
Test Taking, Test Anxiety & Memory
Course Advisory: SCC minimum English and Math standards. This course introduces test taking, test anxiety and memory concepts and techniques 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 102C  0.5 Unit
Study Systems
Course Advisory: 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 007 with a grade of C or better. Four hours lecture (2 week course).

COUN 103  3 Units
Disability and Success
Course Advisory: 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.” Student will receive a letter grade. 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. Three hours lecture.

COUN 148E  1 Unit
Transition to College for Students with Disabilities
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 (8 week course).

COUN 301  3 Units
Career Awareness and Disability Success
Prerequisite: Permission of Disability Services Counselor to help the student make a match between this specialized disability course content and methodology and the individual’s needs and expected learning outcomes. Course Advisory: 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. Three hours lecture.
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<th>Units</th>
<th>Title</th>
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<td><strong>COUN 302</strong></td>
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<td>Adaptive Personal Development Life Skills</td>
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<td><strong>COUN 303</strong></td>
<td>3</td>
<td>Life Skills for Health</td>
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<tr>
<td><strong>LS 301B</strong></td>
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<td>Reading Strategies</td>
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<td><strong>LS 301C</strong></td>
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<td>Writing Strategies</td>
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<td><strong>LS 306A</strong></td>
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<td>Spelling Strategies</td>
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**COUN 302**
Adaptive Personal Development Life Skills
Prerequisite: Permission of Disability Services Counselor to help the student make a match between this specialized disability course content and methodology and the individual’s needs and expected learning outcomes. Course Advisory: 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. *Three hours lecture.*

**COUN 303**
Life Skills for Health
Prerequisite: Permission of Disability Services Counselor to help the student make a match between this specialized disability course content and methodology and the individual’s needs and expected learning outcomes. This is a 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.*

**LS 301B**
Reading Strategies
Course Advisory: 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 Pass/No Pass only course. *Two hours lecture, one hour activity (8 week course).*

**LS 301C**
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 Pass/No Pass only course. *Two hours lecture, one hour activity (8 week course).*

**LS 306A**
Spelling Strategies
Emphasizes special spelling techniques, computer-assisted instruction, and assistive-device instruction to help the student compensate for a 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 Pass/No Pass only course. NOTE: Combined enrollments in LS 306A and LS 306B may not exceed 3. *Three hours lecture.*

**LS 306B**
Spelling Strategies
Prerequisite: LS 306A. Spelling strategies for students with learning disabilities 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. 306B will continue with additional morphograph analysis, new rule applications, and concentration on compensatory strategies, greater emphasis on written application. This is a Pass/No Pass only course. NOTE: Combined enrollments in LS 306A and LS 306B may not exceed 3. *Three hours lecture.*
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<td>LS 307</td>
<td>3</td>
<td>Reading for Life Skills</td>
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<td><strong>Prerequisite:</strong> Permission of Disability Services Counselor to help the student make a match between this specialized disability course content and methodology and the individual’s needs and expected learning outcomes. <strong>Course Advisory:</strong> 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 only course. <strong>Three hours lecture.</strong></td>
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<tr>
<td>LS 308</td>
<td>3</td>
<td>Math for Life Skills</td>
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<td><strong>Prerequisite:</strong> Permission of Disability Services Counselor to help the student make a match between this specialized disability course content and methodology and the individual’s needs and expected learning outcomes. <strong>Course Advisory:</strong> Primarily for Students with Disabilities. 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>Three hours lecture.</strong></td>
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<td>LS 312</td>
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<td>Computer Tools for Accessibility</td>
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<td><strong>Course Advisory:</strong> 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 Pass/No Pass only course. <strong>One hour lecture, one hour activity, and one hour lab.</strong></td>
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<td>LS 313</td>
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<td>Assistive Computer Technology I</td>
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<td><strong>Course Advisory:</strong> 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. <strong>Two hours lecture, two hours activity (8 week course).</strong></td>
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<tr>
<td>LS 315</td>
<td>1</td>
<td>Assistive Computer Technology II</td>
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<td><strong>Prerequisite:</strong> LS 313. <strong>Course Advisory:</strong> 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. <strong>Two hours lecture, two hours activity (8 week course).</strong></td>
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<tr>
<td>LS 348D</td>
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<td>Adaptive Basic Computer Skills</td>
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<td><strong>Course Advisory:</strong> Primarily for Students with Disabilities. 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 course. <strong>One lecture hour and two lab hours.</strong></td>
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<tr>
<td>LS 350</td>
<td>3.5</td>
<td>Learning Skills Assessment</td>
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<td><strong>Course Advisory:</strong> Eligible for ENGL 305. 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

TUTR 050 0.5 Unit
Tutoring Practicum
Prerequisite: Completion with a grade of B or better in the subject to tutor, instructor recommendation, permission of Tutoring Center personnel after verification of prerequisite, and concurrent assignment as a Tutoring Center 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. Eight hours lecture (1 week course).

TUTR 500
Supervised Tutoring
Prerequisite: 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. This is an open entry/open exit course. One-half to three hours weekly by arrangement.