Counseling Classes

The Counseling Department offers several Counseling classes to help students achieve success in school and in life. These courses, taught by Counseling Faculty, include:

COUN 10: Career Planning (1 unit)
This course is designed to help the student approach career decisions in a systematic way. A variety of techniques are used to assess individual characteristics and relate these to occupational information. At times, sections may be offered which emphasize particular types of situations such as the person making initial career decisions, mid-life career changes, and minority programs. (Formerly CG 1)

COUN 20: Self Awareness Towards Education Readiness (2 units)
This course is designed to aid the student in identifying and evaluating individual, educational, and vocational ability. Self-awareness techniques will be used to enhance this assessment process. This class was designed primarily for the EOPS summer students, but is open to all interested students. Field work experience will assist the student to develop skills that enhance his/her work performance. (Ten hours field work for those employed as work study or equivalent volunteer experience as approved by instructor.) (Formerly CG 2)

COUN 50: Orientation and Educational Planning (0.5 unit)
This course is designed to introduce students to services offered at Cerritos College; the history and mission of the system of post-secondary education system in California; policies and procedures which affect students at Cerritos College; educational planning, including major and general education requirements, course sequencing, and transfer requirements for the California State University and University of California systems. As part of the course, students will tour the Cerritos College campus, acquainting themselves with the location and function of the various offices and service providers. Each student will produce an educational plan specific to her or his educational goal. This course is offered on a credit / no credit basis only. (Formerly CG 50)
COUN 100: Counselor Aide in the Community College (2 units)
This course is designed to familiarize the student with the functions and training in the techniques of the student counselor aide in a community college setting. (Formerly CG 100) Transfer Credit: CSU

COUN 150: Dynamics of Leadership (3 units)
This course is designed for students who wish to develop a deeper understanding and appreciation of the theories, principles, and techniques of leadership in a college or community-based organization. It includes the study and practical application of group and individual leadership techniques. It is designed to improve awareness of group dynamics, listening skills, personal values, decision making, problem solving, and organizational development. It emphasizes critical analysis of leaders in the news, history, film, and/or literature. (Formerly CG 150) Transfer Credit: CSU

COUN 200: Success in College and Career (3 units)
This course will provide students with knowledge, information and skills to better understand themselves as students, people, and members of the working world. It will assist them to establish life, career, educational, and personal goals and to develop plans and strategies to successfully meet those goals. (Formerly CG 200) Transfer Credit: CSU

COUN 210: Job Search Strategies (1 unit)
This is an open entry/open exit, self-paced course designed to prepare students to manage their transition from college-to-work and/or work-to-work situations. Students will learn the fundamentals of the job search process. Students will learn to develop job search strategies, prepare print and electronic resumes and improve their interview skills. This course is offered on a credit/no credit basis only. (Formerly CG 200) Transfer Credit: CSU

COUN 220: Transition to Universities (3 units)
This course is a presentation and discussion of life transitions. It addresses effective decision-making activities and strategies for transfer students. Included are evaluation of education/career goals; analysis, comparison, and evaluation of university admissions standards; review of major preparations; and an introduction to post-graduate entrance requirements. Students will make on-site research/field visit to universities and review available student services. (Formerly CG 220) Transfer Credit: CSU
COUN 298: Directed Studies (1 unit)
A course to provide opportunity for individual research and field projects under the direction of a faculty member in a given department. With the guidance of the faculty member, students prepare and carry out a written learning agreement describing the purposes and outcomes of the project. Students should expect to meet with the supervising faculty member one to two hours each week for conferences. Credit is based upon the number of hours in the semester expected to complete the project (1 unit for 54 hours). For selected disciplines, UC transfer credit may be possible after admission to a UC campus, pending review for appropriate course materials by UC staff. See a counselor for an explanation. (Formerly CG 298) Transfer Credit: CSU

COUN 299: Directed Studies (2 units)
A course to provide opportunity for individual research and field projects under the direction of a faculty member in a given department. With the guidance of the faculty member, students prepare and carry out a written learning agreement describing the purposes and outcomes of the project. Student should expect to meet with the supervising faculty member one to two hours each week for conferences. Credit is based upon the number of hours in the semester expected to complete the project (2 units for 108 hours). For selected disciplines, UC transfer credit may be possible after admission to a UC campus, pending review of appropriate course materials by UC staff. See a counselor for an explanation. (Formerly CG 299) Transfer Credit: CSU