

# PERSONAL GROWTH

The Personal Growth course offerings provide students the opportunity to better understand themselves, institutions, and the work world, with Counseling Faculty as instructor, advisor, and/or facilitator.

**\*UC Credit Limitation:** PG R100A, PG R100B, PG R101 and PG R102 combined: maximum credit is one course.

## Program Student Learning Outcomes

Upon successful completion of this program, students will be able to:

- Formulate academic, career and/or personal goals and create action plan and identifying different student services that will assist them in achieving their goals including developing a Student Education Plan.
- Enhance self-awareness through self-assessment, personality inventories, applying theories of learning, communication, psychology and career development that are relevant to college and life success.
- Demonstrate appreciation and understanding of the importance and influence of social and cultural diversity in academic, career and/or life planning.
- Apply critical thinking and problem-solving strategies to make academic, career and/or personal decisions.
- Demonstrate ability to access college and/or community resources that can assist students achieve their goals.

**NOTE:** The UC limits enrollment in some courses. See the UC Transfer Course Agreement (<http://catalog.vcccd.edu/oxnard/transfer-information/transfer-uc/#uctcatext>)page for details.

## Credit Courses

### PG R001 Orientation: All about Oxnard College 0.5 Units

*In-Class Hours:* 8.75 lecture

This course offers information about academic counseling, transferring to a four-year institution, career and technical education programs, study skills, college activities and clubs, student services, and basic survival hints.

**Grade Modes:** Pass/No Pass Grading

**Degree Applicability:** Not applicable for degree credit

**AA/AS GE:** None

**Transfer Credit:** None

### PG R100A Student Success: EOPS 1 Unit

*In-Class Hours:* 17.5 lecture

This course is designed to provide students with college survival strategies: Learn what the Extended Opportunity Programs and Services (EOPS) are, use the college catalog, website and portal, as well as explore university websites, identify the requirements for graduation and transferring to a four year university, navigate the financial aid process and requirements, review academic policy, utilize career search services, identify additional support services, review study skills and develop an EOPS educational plan.

**Grade Modes:** Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

### PG R100B Student Success: Strategies for Academic Success 1 Unit

*In-Class Hours:* 17.5 lecture

This course will provide students with academic success strategies. Topics include counseling services, using the college catalog, study skills, time management, academic probation and dismissal, financial aid, tutoring and other support services available.

**Grade Modes:** Pass/No Pass Grading

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

### PG R101 Career Development and Life Planning 3 Units

*In-Class Hours:* 52.5 lecture

This course is designed to assist students with self-exploration, career transitions and career-life planning in order to achieve success in a diverse society. Planning and organizing skills that encourage a systematic approach to career development will be used by examining values, interests, skills, life roles, personality type, personal self-management, decision-making and goal setting throughout the life span.

**Grade Modes:** Letter Graded, Credit by exam, license etc., Student Option- Letter/Credit, Pass/No Pass Grading

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

### PG R102 College Success 3 Units

*In-Class Hours:* 52.5 lecture

This course provides the opportunity for students to learn and adopt principles, techniques, methods and strategies to be successful in college and in life. This will be accomplished by emphasizing three areas: (1) academic skills; (2) behavioral principles; and (3) relational skills.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## Noncredit Courses

### PG R805 Introduction to College Life 0 Units

**Enrollment Limitations:** Students must be receiving the adult portion of Cash-Aid from the County of Ventura. .

This course is designed to assist students who are transitioning to Oxnard College Campus by offering strategies to increase their academic success. This course will focus on college readiness, educational planning, information about academic counseling, transferring to a four-year institution, vocational programs, study skills, college activities and clubs, student services, basic survival hints and resources. This course will be discussing the service and policies of on campus support programs such as CalWORKs, EOPS/CARE, EAC, Financial Aid, etc. This class is an open entry, open exit. This is a noncredit course. Does not apply to Associate Degree.

**Catalog Notes:** This course will be offered Open Entry Open Exit.

**Grade Modes:** Pass/No Pass Grading

**Repeatable for Credit:** Unlimited.

**Degree Applicability:** Noncredit course; not applicable for degree credit

**AA/AS GE:** None

**Transfer Credit:** None

### PG R810 Preparing for Workplace Success 0 Units

This is a free course designed to offer students crucial workplace readiness skills. Students will have the opportunity to learn effective job searching strategies and critical employability skills necessary to secure and maintain employment. Topics covered include assessment of unique personality and strengths, career research, goal setting, effective resume and cover letter writing, networking and interviewing techniques, and various behavioral and interpersonal skills related to workplace satisfaction.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Repeatable for Credit:** Unlimited.

**Field Trips:** May be required

**Degree Applicability:** Noncredit course; not applicable for degree credit

**AA/AS GE:** None

**Transfer Credit:** None

### PG R820 Reaching Excellence in Academics and Challenges 0 Units

This course will provide students with the understanding of non-cognitive factors that contribute to the status of being placed on academic probation. Students will develop a strategic plan to overcome these issues through the utilization of emotional intelligence. Students will use skill building exercises, lecture and group discussion to identify barriers to their academic success as well as to overcome stress and negativity. Students will explore tools, techniques, and skills to perform their role and utilize effective problem solving skills with confidence.

**Grade Modes:** Pass/No Pass Grading

**Repeatable for Credit:** Unlimited.

**Degree Applicability:** Noncredit course; not applicable for degree credit

**AA/AS GE:** None

**Transfer Credit:** None

### PG R850 Emotional Intelligence 0 Units

This course will provide students with the ability to deal effectively with their emotions and self-perceptions that are critical to their success and inspire high performance as students, employees, and in relationships with others. Students will (learn) the definition and the five key components of emotional intelligence through skill-building exercises, lectures, and group discussions. Students will have opportunities to identify their own strengths and challenges in maintaining positive environments and collaborative relationships along with strategies for overcoming stress and negativity. Students will explore tools, techniques, and skills to help them perform their role and manage their emotions with confidence and positive results.

**Grade Modes:** Pass/No Pass Grading

**Repeatable for Credit:** Unlimited.

**Degree Applicability:** Noncredit course; not applicable for degree credit

**AA/AS GE:** None

**Transfer Credit:** None

*For more information, contact:*

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