

SANTA MONICA COLLEGE CATALOG 2021–2022

COUNS 12, Exploring Careers and College Majors – pg.220

Transfer: UC*, CSU

- Prerequisite: None.

1 unit

This class is designed for students who are either undecided about their educational or career goals, validating their decisions, or seeking to transition into a new career. Students are guided through a process that focuses on their individual interests, skills, personality and values to aid in the selection of a major, determine a career direction and develop career goals. Students will relate their self-assessment information to possible college major and career choices. Decision-making models and goal setting techniques are examined and will be used to develop short and long-term education and career plans.

COUNS 20, Student Success Seminar – pg. 221

Transfer: UC*, CSU

- Prerequisite: None.

**Maximum UC credit allowed for Counseling 12 and 20 is 3 units*

3 units

This course provides an exploration of intellectual, psychological, social and physical factors that impact lifelong learning, well-being and success. Topics include motivation and self-efficacy; critical thinking, academic integrity and active study strategies; health issues and lifestyle choices; relating to others as a global citizen; written and oral communication; time management; career exploration; and educational planning.