

## COUNSELING AND GUIDANCE

### Counseling Department

Amy Lehman, Counseling and Educational Support Services

Division Dean

Division Office, Building 100

Salvatoria Larter, Counseling Director (831) 477-3281

Aptos Counseling: (831) 479-6274

Watsonville Counseling: (831) 786-4734

Call (831) 479-6274 for more information

<http://www.cabrillo.edu/services/counseling/>

### CG 1 College Success

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Integrates personal growth, learning techniques, problem solving, critical and creative thinking to enhance academic and career success.

Topics include self evaluation and assessment, goal setting, career decision making, educational planning, time and financial management, instructor-student relationships, cultural diversity, health maintenance, stress management, campus resources, learning styles and strategies, note-taking, test-taking, memory and concentration. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC, with limits: CG 1, 51 and 54 combined: maximum credit – 3 units.

### CG 51 Planning for Success

1 – 3 units; 1 – 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Introduces the tools necessary to increase academic and life success including college expectations, resources, facilities, requirements, and educational planning. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC, with limits: CG 1, 51 and 54 combined: maximum credit – 3 units.

### CG 52 College Study Skills

0.5 – 3 units; 0.5 – 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Develops academic study skills including motivation, concentration, effective note-taking, textbook study methods, time management, test-taking, and test anxiety reduction. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

### CG 54 Careers and Lifestyles

1 – 3 units; 1 – 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Facilitates the selection of a career goal and educational pathway through self-analysis, human development, and occupational exploration; utilizes assessment of human traits and life span development. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC, with limits: CG 1, 51 and 54 combined: maximum credit – 3 units.

### CG 107 Career and Transfer Research Activities

0.5 – 3 units; 1.5 – 9 hours Laboratory

Repeatability: May be taken a total of 1 time.

Provides opportunity for research in career development and/or transfer preparation. Includes research, observation and/or experience relating to career development and/or transfer preparation. Integrates self-analysis and investigation of the world of work and/or transfer options and will enhance the problem-solving, communication and critical thinking skills necessary for career and educational decision-making and success.

*Transfer Credit:* Non-transferable.

### CG 190AZ Special Topics in Counseling and Guidance

0.5 – 5 units; 0.5 – 5 hours Lecture or 1.5 – 15 hours Laboratory

Repeatability: May be taken a total of 1 time.

Presents selected topics in Counseling and Guidance not covered by regular course offerings. Each special topic course will be announced, described and given its own title and letter designation in the Schedule of Classes. The structure and format of the class will be dependent on the subject matter. May be offered in a Distance Learning Format.

*Transfer Credit:* Non-transferable.

### CG 205 Academic Survival Skills

1 unit; 1 hour Lecture

Repeatability: May be taken a total of 1 time.

Assists students in developing college survival skills to include note-taking, test-taking, time management, and studying effectively.

*Transfer Credit:* Non-transferable.

### CG 280AZ Special Topics in Developmental Studies

1 unit; 1 hour Lecture or 2 hours Laboratory

Recommended Preparation: Eligibility for Accessibility Support Center Services.

Repeatability: May be taken a total of 1 time.

Presents selected topics in Developmental Studies not covered by regular course offerings. Each special topic course will be announced, described and given its own title and letter designation in the Schedule of Classes. The structure and format of the class will be dependent on the subject matter.

*Transfer Credit:* Non-transferable.

### CG 286 Transition to College

2 units; 2 hours Lecture

Repeatability: May be taken a total of 1 time.

Addresses issues, concerns, and resources related to students with mental health conditions as they affect vocational, academic and interpersonal situations occurring in a college environment.

*Transfer Credit:* Non-transferable.