

Chemeketa Community College
4000 Lancaster Drive NE
PO Box 14007
Salem, Oregon 97309-7070

Course Outline

Course Identification CG110 **Credits** 1 **Date** 1/05

Course Title: Career and Life Planning

Total Instructional Hours, for Course, per Term:

| | | |
|---------------------------|---|--------------------|
| <u>11</u> Lecture Hours | = | <u>1</u> Credit(s) |
| <u>0</u> Laboratory Hours | = | <u>0</u> Credit(s) |

Prerequisite Course(s):

None

Required Text(s):

None

Course Description:

Introduces students to the strategies and procedures fundamental to the identification of career development. Provides an assessment of individual personality traits, interests, skills, and values. Exposes students to career related materials, methods and activities.

Performance Based Learner Outcomes:

Upon successful completion of the course, students should be able to:

1. Identify the stages of life and career transitions and describe how they affect personal goals.
2. Evaluate a formal career theory and assess how it relates to their situation.
3. Assess and define the methods for identifying individual values and skills.
4. Identify how dominant personality traits and specific interests affect occupational/career choice.
5. Evaluate their risk-taking style and describe both real and potential barriers to occupational selection.
6. Explain the process for problem solving and identify the steps involved with developing an individual career/life style goal(s).
7. Conduct an informational interview and summarize the results.
8. Investigate and utilize various methods to research career related issues, i.e., labor market trends, employment outlook, wages, etc.
9. Create a draft of an individualized career plan that identifies the major components of occupational choice.

Course Content Outline:

- I. Theoretical Overview of Career Development
 - A. Life Changes/Transitions
 - B. Theorists
 - C. Career Planning Process
 - D. Lifelong Learning Concept
- II. Self Assessment
 - A. Personality Type
 - B. Interest Area
 - C. Value Clarification
 - D. Skill Identification
- III. Decision Making Process
 - A. Problem Solving
 - B. Risk Taking
 - C. Goal Establishment
 - D. Occupational Barriers
- IV. Career/Occupational Research
 - A. Computerized Career Exploration
 - B. Career Resource Materials (Career Resource Center
 - C. Labor Market Trends
 - D. Information Interviews
 - E. Work-Related Credentials