

## **Human Development 115**

### ***Career Development Across the Lifespan***

*3 unit; 3 hours lecture*

*Recommended Preparation: English 1 or eligibility for English 1A or qualification by appropriate Degree applicable Transfer CSU and UC*

This course offers a comprehensive approach to career development across the lifespan. Theories of career and life development provide a framework for understanding vocational choice, work satisfaction, and career transition. Psychological and sociological factors influencing education, career and personal decision-making, career assessment tools for identifying college majors and careers, as well as the knowledge, skills and personal qualities necessary for success in a diverse workplace will be discussed. The course also reviews changing global environments, labor market trends, career research, and job search strategies.

#### **Course Objectives:**

1. Identify and evaluate psychological and sociological influences on education, career, and personal decision-making.
  - Essay exams
2. Assess personal characteristics such as values, skills, interests, and personality and explain how they relate to education planning and success in diverse work environments.
  - Written homework
3. Compare and contrast positive and negative decision-making strategies and apply the principles of effective decision-making to the formulation of life goals.
  - Term or other papers
4. Examine trends and issues in the changing global workplace and appraise how they may affect career planning and occupational outlook.
  - Written homework
5. Identify, utilize, and evaluate face-to-face, print-based and electronic resources for educational and occupational information.
  - Term or other papers
6. Identify the components of a job search action plan, incorporating techniques for effective networking and for developing a professional cover letter and resume.
  - Written homework
7. Describe the components of the interviewing process and perform an effective interview.
  - Performance exams
8. Examine the knowledge, skills and personal qualities necessary for success in diverse work environments.
  - Term or other papers
9. Identify the physiological and psychological indicators of stress in the workplace and construct strategies for maintaining self-esteem and wellness.
  - Presentation
10. Identify opportunities for professional growth and develop an action plan for career advancement, reaching long-term goals and effective career transitions.
  - Term or other papers

#### **Student Learning Outcomes (SLO):**

1. Career Research & Planning

Students will apply active learning to research and evaluate educational and career options and develop a comprehensive career plan that incorporates consideration of life stages.

2. Critical Thinking & Career Planning

Students will exhibit critical thinking by articulating their interests, personality, skills and/or work values and integrating these with education planning and career decision-making for success in diverse work environments.

3. Interdependence & Decision-Making

Students will develop interdependence and employ strategies for establishing effective and supportive relationships for effective decision-making regarding career and life planning.

**ADA Statement:**

El Camino College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Special Resource Center. To make arrangements for academic accommodations, contact the Special Resource Center.

**Student Code of Conduct**

<https://www.elcamino.edu/administration/board/2019-policies/AP%205500%20Student%20Conduct%20.pdf>

**Student Rights and Grievances Procedure 5530**

<https://www.elcamino.edu/administration/board/boarddocs/AP%205530%20STUDENT%20%20RIGHTS%20AND%20GRIEVANCES.pdf>