

# COURSES

## PSYCHOLOGY-COUNSELING COURSES

### PCN 3 - Theories And Concepts Of Counseling: An Introduction

#### 3 units

This is an introductory course to the theories and concepts, as well as the historical foundations of counseling with an emphasis on fundamental principles of the therapeutic process. There will be a major focus on multicultural principles and major diagnostic categories, problems, and solutions relating to recovery in counseling. Ethics in counseling, as well as legal implications will also be introduced and examined. 54 hours lecture. AA/AS GE: IV, AC. Transfer: CSU; CSUGE: D7, D9.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 5 - Introduction to Social Work and Human Services

#### 3 units

An introductory overview of social welfare and the societal institutions in the U.S. that structure the provision of social services. The course presents a historical perspective on the development of U.S. social work and human services. Special attention is given to the evolution of social welfare programs and institutions, contemporary social problems, current service delivery systems, policies, procedures, and the tasks of culturally responsive social workers and human service workers within those settings. 54 hours lecture. AA/AS GE: IV. Transfer: CSU, UC.

**Recommended Course Preparation:** ENG 1A with a minimum grade of C or ENG 1AEX with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 10 - Career and Educational Planning

#### 2 units

Exploration of the concept of career, educational and life planning focusing on personal career development through self-assessment. Emphasis on clarification of individual interests, values, needs, abilities and decision making styles, investigation of occupational opportunities in the world of work, and introduction to job search strategies, resume writing and interview skills. Designed for those undecided or uncertain about their career and educational plans. 36 hours lecture. Transfer: CSU; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 13 - Multicultural Issues in Contemporary America

#### 3 units

Exploration of issues relating to the multicultural community in which we live today. Interpersonal relations and communication. Focus on improving individuals understanding of other cultures and how those cultures impact the American lifestyle. Includes exploration of myths and misunderstandings. Discussion of four specific cultures or sub-cultures from the following groups: 1) African-American, 2) Asian-American, 3) Hispanic-American, 4) Native-American, 5) Middle Eastern-American, 6) European-American, 7) Gay/Lesbian American, 8) Disabled American. 54 hours lecture. AA/AS GE: IV, AC. Transfer: CSU, UC; CSUGE: D3, D7; IGETC: 4C, 4G.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 15 - College Study Skills

#### 2 units

A review of study skill techniques for success in college. Topics include college culture and resources, time management, personal learning style,

organization, note-taking and test-preparation strategies. Includes practice and evaluation of study skill techniques. 36 hours lecture. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 18 - University Transfer Planning

#### 1 units

Introduction to the resources and planning process needed to ease transition from community college to a four-year college or university. Development of a transfer action plan. Preparation for major and general education requirements. Application cycles and important deadlines. Recommended for those transferring to four-year colleges or universities. 18 hours lecture. Transfer: CSU, UC; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 25 - Transition to College

#### 0.5 units

A survey of practical strategies for academic success focusing on the new student. Examines goal setting, college policies, graduation requirements, campus resources, student's rights and responsibilities, and student educational planning. Designed for first time college students in order to enhance their transition into college and maximize their academic/career technical potential. 9 hours lecture. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Pass/No Pass

### PCN 30 - Student Success and the College Experience

#### 3 units

This course explores concepts, knowledge, and skills relevant to college success. Students will engage in critical analysis on a variety of topics, including motivation, decision making, interpersonal communication, multicultural awareness, and learning theory. Problem solving strategies will be applied to areas including goal setting, career development, wellness, and accessing campus resources. 54 hours lecture. Transfer: CSU, UC\*; CSUGE: E. \* *KIN 16 and PCN 30 combined: maximum UC credit, 3 units.*

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 35 - Drugs, Health, and Society

#### 3 units

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Political, social and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed. 54 hours lecture. AA/AS GE. Transfer: CSU, UC; C-ID# PHS 103.

**Recommended Course Preparation:** Eligibility for ENG 1A/1AEX.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### PCN 50 - Social Work and Human Services Seminar

#### 1 units

This course provides the student who is participating in a supervised field experience in a community organization, agency, or institution with a weekly class meeting that provides the academic element to the experiential

course offering. The application of concepts gained in the prerequisite or corequisite course to the field experience will be emphasized. This course is designed to provide the student with an opportunity to develop skills that would facilitate gaining employment in the human services field. 18 hours lecture. Transfer: CSU.

**Prerequisite:** PCN 5 with a minimum grade of C or PSYC 1 with a minimum grade of C or SOC 1 with a minimum grade of C.

**Corequisite:** PCN 50L.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### **PCN 50L - Social Work and Human Services Fieldwork**

#### **2 units**

This course provides an introduction to fieldwork participation in the area of Social Work/Human Services (community organization, agency, or institution) allowing the student to apply knowledge and learn new skills outside of the classroom environment. This course is designed to provide the student with an opportunity to develop skills in preparation for gaining employment in the human services field. Students will be required to participate in a minimum of 120 hours of fieldwork per term. Transfer: CSU.

**Prerequisite:** PCN 5 with a minimum grade of C or PSYC 1 with a minimum grade of C or SOC 1 with a minimum grade of C.

**Corequisite:** PCN 50.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP