

EFFECTIVE: JANUARY 2005 CURRICULUM GUIDELINES

A.	Division:	Educational Service	s Effective D	ate:	January 2005
B.	Department / Program Area:	Student Services	Revision	X	New Course
	-		If Revision, Revised:	, Section(s)	CDFGN PQR
				vious Revision: rrent Revision:	Sept 6, 1996 March 24, 2004
C:	HUMD 0130D:Personal Development and Career Exploration		Career Explorations	E: 3	
	Subject & Cour	se No.	Descriptive Title	Sen	ned

students with little recent educational experience. Instruction will be moderately paced and will occur in a sun

25

Allocation of Contact Hours to Type of Instruction / Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Seminar: 3; Student Directed Learning: 1

Number of Contact Hours: (per week / semester for each descriptor)

Seminar: 3 Hrs Student Directed Learning: 1 Hrs

Number of Weeks per Semester: 15

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J:	Course for which this Course is a Prerequisite
	nil
K:	Maximum Class Size:

L: PLEASE INDICATE:

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Non-Credit

College Credit Non-Transfer

College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)

M: Course Objectives / Learning Outcomes

- a) To increase awareness of personal needs, values, and beliefs relating to career and life choices.
- b) To acquire a strong applied understanding of the processes that influence personality, self-concept, self-esteem, attitudes and beliefs.
- c) To generate an individual vocational profile based on psychometric tests that assess interests, aptitudes, work values and personality variables.
- d) To acquire career development skills related to occupational exploration, research, decision-making.

N: Course Content:

- a) Interest, personality, values, skills, and aptitude assessment
- b) Self Management-time stress, anger and assertiveness
- c) Influences of significant life experiences and transitions
- d) Communications skills, needs and expectations, roles and self development
- e) Relationship management: with families, friendships, relationships and co-workers
- f) Decision making and goal setting
- g) Occupational research and planning
- h) The effects of labour market trends
- i) Employability skills and factors for success

