

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** COUN 112    **TITLE:** Introduction to Choosing a College Major  
**Units:** 0.5 units    **Hours/Semester:** 8.0-9.0 Lecture hours  
**Method of Grading:** P/NP Only
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    (Formerly CRER 107) This course assists students to research and identify a college major and become aware of major requirements and course planning. Highly recommended for students who are undecided about a major for an Associate degree or for university transfer. University transfer students need to complete lower division major courses to assure successful transfer.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. Utilize a variety of electronic, web-based and print resources to identify interests, values and personal preferences related to college majors and career paths.
  2. Explore majors and career paths using college catalogs, websites, informational interviews and other resources.
  3. Create a student educational plan (SEP) with a Counselor based on a college major and focusing on achievement of a Certificate, Associate's degree and/or transfer to a four-year school.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Utilize a variety of electronic, web-based and print resources to identify interests, values and personal preferences related to college majors and career paths.
  2. Explore majors and career paths using college catalogs, websites, informational interviews and other resources.
  3. Create a student educational plan (SEP) with a Counselor based on a college major and focusing on achievement of a Certificate, Associate's degree and/or transfer to a four-year school.
  
6. **COURSE CONTENT:**  
**Lecture Content:**
  1. Taking Stock: Personal assessment using a variety of resources and inventories to identify interests, skills, strengths, values, and motivation.
  2. Utilizing resources: College catalogs, web sites, ASSIST, EUREKA, interviews, inventories and a variety of print and electronic resources to conduct research about college majors and related careers.
  3. Making decisions: Establish educational objectives and goals based on exploration and discovery about college majors and related career paths.
  4. Evaluating a major: Is it right for you? Assess major and career requirements in light of personal assessment results.
  5. Planning your program of study: Develop a Student Educational Plan (SEP) with a Counselor
  6. Using college programs and services to enhance student success: Introduce students to a variety of programs and services at the college.
  
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
    Typical methods of instruction may include:
  - A. Lecture
  - B. Activity
  - C. Discussion
  - D. Guest Speakers
  - E. Observation and Demonstration

F. Other (Specify): - Small group exercises - Exercises and worksheets completed online in a computer lab during class

#### 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Computer Lab worksheets to conduct self-assessment and to explore several majors  
College Major Planning Assignment - In-depth research and summary about one major

**Reading Assignments:**

CRER 107 Workbook  
Worksheets  
Handouts

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Homework
- F. Oral Presentation
- G. Projects
- H. Creation of a Student Educational Plan (SEP) with a Counselor

#### 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Sukiennik, D., Raufman, L., Bendat, W.. *The career fitness program: Exercising your options*, 10th ed. Upper Saddle river, N.J.: Prentice Hall, 2013
- B. Tieger, P., Barron, B.. *Do what you are: Discover the perfect career for you through personality type*, 4th ed. New York: Little, Brown and company, 2007

Possible manuals include:

- A. The College Board. Book of majors 2014, College Board, 07-02-2013

Other:

- A. UC Publications
- B. CSU Publications
- C. College Catalogs
- D. COUN 112 Workbook created by Counseling Faculty

**Origination Date:** September 2014

**Curriculum Committee Approval Date:** March 2015

**Effective Term:** Fall 2016

**Course Originator:** Martin Bednarek