

HUMAN DEVELOPMENT (HD)

HD 100CS College Success (3 Credits)

College Success is designed to give new students a broad overview of college and life success strategies. The course introduces students to college resources, students services and personal behaviors that support successful academic transition, growth and planning. Topics include personal responsibility, self-motivation, time management, academic planning, financial planning, decision making, health and learning styles.

HD 100PM Procrastination & Motivation (1 Credit)

Introduces students to the characteristics of procrastinating behaviors. The class explores reasons for procrastination and how to self-negotiate to eliminate non-productive behaviors. Specific tools to address individual styles of procrastination will be introduced with an emphasis on identifying personal values to motivate one to action and achieve defined goals.

HD 100TT Test Taking (1 Credit)

Designed for students challenged by tests or assessment materials. The class introduces students to the process of effective test taking including preparation for all types of tests and classroom assessment tools, study and relaxation techniques and actual test taking. Students will be introduced to pro-active strategies to address test anxiety, utilize test results for improved performance, and access instructors for guidance and performance.

HD 100VC Values Clarification (1 Credit)

Designed to assist students in defining the motivation behind their college investment and develop a compelling academic plan integrated with their personal life plan. Students will identify their key motivators (values), assess current life choices and roles in the framework of the defined values, develop a plan of action that realistically supports success, choose action steps resulting in the achievement of defined outcomes, and develop strategies to continually reassess and measure academic/personal success.

HD 101 Study Strategies (2 Credits)

Recommended preparation: HD 100CS.

Introduces students to academic success skills essential for effective learning. Topics include: applied learning theory, growth mindset, academic reading, note taking, active learning, organizing study materials, rehearsal and memorization, time management, and test taking. Upon completion, students will be able to apply appropriate, researched-based strategies and techniques to develop an effective study plan for academic success.

HD 102 Leadership Development (2 Credits)

Prerequisites: department approval.

Teaches basic principles of leadership development and staff management in order to prepare student/staff leaders to effectively work in their assigned roles within Student Life and together as a team. Includes topics designed to increase knowledge and skills in the areas of diversity awareness, communication, conflict management, teambuilding, group development, personal awareness, time management and values clarification. As a result of this class, students will become familiar with the roles and expectations of the Student Life staff and be able to professionally represent COCC in their leadership roles on campus.

HD 103 Strategies for Life Management (3 Credits)

Helps college students identify and manage internal factors that contribute to positive mental, physical and emotional health during their college journey. Through exploring proven strategies for self-management, students will be able to analyze, create and implement a personalized set of habits and routines that will support their journey through college and beyond.

HD 104 College and Career Transitions (2 Credits)

Helps students explore their own interests and consider related postsecondary education and career options. Prepares students to navigate a successful transition into a two- or four-year college or vocational training program. Emphasizes strategies for exploring and choosing educational options; career interest exploration; internships; financial aid; scholarship and financial literacy; academic success strategies and personal responsibility; and skills such as time management, communication, organization, utilizing resources, and managing stress.

HD 109 Effective Job Search Strategies (2 Credits)

Introduces students to an effective, comprehensive approach to the job search process. Students will learn how to develop a job search plan, accurately and effectively complete job applications, write resumes and cover letters accordingly, identify marketable skills, and prepare for job interviews.

HD 110 Career Planning (3 Credits)

Provides tools and resources for making informed career decisions. Covers assessing skills, values, interests, personality, barriers, lifestyle, education and approaches to decision making. Covers how to research career information. Includes educational decision-making in determining a field or program of study, and college or training program.

HD 130 Introduction to Health Careers (2 Credits)

Introduces a comprehensive range of healthcare professions. Provides tools and resources for making informed career decisions. Covers assessing skills, values, interests, barriers, education, and training as well as professional requirements, licensing requirements, and approaches to decision-making. Explores essential skills required for successful, competent, and patient-centered healthcare practitioners.

HD 190A The Good Road 1 (1 Credit)

Prerequisites: Instructor approval.

First in a 3-quarter series. Provides high school students with education and activities through a Native American and Indigenous perspective. Establish personal and team goals; develop effective teamwork skills; explore and articulate cultural identity; explore aspects of leadership including varying styles, qualities, and cultural implications. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as both desirable and attainable. P/NP grading.

HD 190B Avanza: Moving Forward 1 (1 Credit)

Prerequisites: Instructor approval.

First in a 3-quarter series. Provides high school students with education and activities through a Latinx/o/a perspective. Establishes personal and team goals; develop effective teamwork skills; explore and articulate cultural identity; explore aspects of leadership including varying styles, qualities, and cultural implications. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as both desirable and attainable. P/NP grading.

HD 190C Legacy Education for Afrocentric Development (L.E.A.D.) 1 (1 Credit)

Prerequisites: Instructor approval.

First in a 3-quarter series. Provides high school students with education and activities through an Afrocentric perspective. Establish personal and team goals; develop effective teamwork skills; explore and articulate cultural identity; explore aspects of leadership including varying styles, qualities, and cultural implications. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as both desirable and attainable. P/NP grading.

HD 191A The Good Road 2 (1 Credit)

Prerequisites: Instructor approval.

Second in a three-quarter series for high school students. Builds upon the foundation of leadership and teamwork within a Native American and Indigenous cultural context while exploring issues of personal responsibility, strategies for advocacy and organizing, and opportunities for developing intercultural awareness. Interaction with college mentors expands to focus on the college challenges, requirements, tools for success, and the application process. P/NP grading.

HD 191B Avanza: Moving Forward 2 (1 Credit)

Prerequisites: Instructor approval.

Second in a three-quarter series for High School students. Builds upon the foundation of leadership and teamwork within a Latinx/o/a cultural context, while exploring issues of personal responsibility; strategies for advocacy and organizing; and opportunities for developing intercultural awareness. Interaction with college mentors expands to focus on the college challenges, requirements, tools for success, and the application process. P/NP grading.

HD 191C Legacy Education for Afrocentric Development (L.E.A.D.) 2 (1 Credit)

Prerequisites: Instructor approval.

Second in a three-quarter series for high school students. Builds upon the foundation of leadership and teamwork within an afrocentric cultural context while exploring issues of personal responsibility, strategies for advocacy and organizing, and opportunities for developing intercultural awareness. Interaction with college mentors expands to focus on the college challenges, requirements, tools for success, and the application process. P/NP grading.

HD 192A Summer Training to Revive Indigenous Vision & Empowerment (STRIVE) (1 Credit)

Prerequisites: Instructor approval.

Third in a 3-quarter series for high school students. Four-day live-in college preparation program that introduces students to the college experience through structured academic, leadership and cultural activities with a Native American and Indigenous perspective. Provides students with opportunities to explore and attain skills in leadership, teamwork, communication and conflict resolution. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as a viable option. P/NP grading.

HD 192B Ganas Avanza 3 (1 Credit)

Prerequisites: Instructor approval.

Third in a 3-quarter series for high school students. Four-day live-in college preparation program that introduces students to the college experience through structured academic, leadership and cultural activities with a Latinx/o/a perspective. Provides students with opportunities to explore and attain skills in leadership, teamwork, communication and conflict resolution. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as a viable option. P/NP grading.

HD 192C Ubuntu (L.E.A.D. 3) (1 Credit)

Prerequisites: Instructor approval.

Third in a 3-quarter series for high school students. Four-day live-in college preparation program that introduces students to the college experience through structured academic, leadership and cultural activities with an Afrocentric perspective. Provides students with opportunities to explore and attain skills in leadership, teamwork, communication and conflict resolution. Interaction with college mentors prepares students of varying races and ethnicities to embrace post-secondary education as a viable option. P/NP grading.

HD 199 Selected Topics: Human Development (1-4 Credits)

This course is in development.

HD 298 Independent Study: Human Development (1-6 Credits)

Prerequisites: instructor approval.

Recommended preparation: prior coursework in the discipline. Individualized, advanced study in human development to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.