



# EFFECTIVE: JANUARY 2005 CURRICULUM GUIDELINES

**A.** Division: Educational Services Effective Date: January 2005

**B.** Department / Student Services Revision ☒ New Course ☐  
 Program Area:  
 If Revision, Section(s) C D F G N P Q R  
 Revised:  
 Date of Previous Revision: Sept 6, 1996  
 Date of Current Revision: March 24, 2004  
**C:** HUMD 0130 **D:** Personal Development and Career Explorations **E:** 3

Subject & Course No.	Descriptive Title	Semester Credits
<b>F:</b> Calendar Description: Our personalities influence our career choices and our ability to find employment and work cooperatively with others. This 15-week course will help students develop awareness and understanding of themselves and their career choices. Topics will include self-esteem and interpersonal communication skills, personality and temperament factors, needs and values clarification, interest assessments, occupational research skills, goal setting, problem solving and decision-making. This basic introductory/exploratory course is designed for students with little recent educational experience. Instruction will be moderately paced and will occur in a supportive and interactive environment. It is recommended that students choose one of HUMD 1142, HUMD 1147 or HUMD 0130 because of overlapping content.		
<b>G:</b> 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	<b>H:</b> Course Prerequisites: nil	
	<b>I:</b> Course Corequisites: nil	
	<b>J:</b> Course for which this Course is a Prerequisite nil	
	<b>K:</b> Maximum Class Size: 25	
<b>L:</b> PLEASE INDICATE: <div style="display: flex; align-items: center;"> <input type="checkbox"/> Non-Credit           <input checked="" type="checkbox"/> College Credit Non-Transfer           <input type="checkbox"/> College Credit Transfer:         </div> <p style="text-align: center;">SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (<a href="http://www.bccat.bc.ca">www.bccat.bc.ca</a>)</p>		

<b>M:</b>	<p>Course Objectives / Learning Outcomes</p> <ul style="list-style-type: none"> <li>a) To increase awareness of personal needs, values, and beliefs relating to career and life choices.</li> <li>b) To acquire a strong applied understanding of the processes that influence personality, self-concept, self-esteem, attitudes and beliefs.</li> <li>c) To generate an individual vocational profile based on psychometric tests that assess interests, aptitudes, work values and personality variables.</li> <li>d) To acquire career development skills related to occupational exploration, research, decision-making.</li> </ul>
<b>N:</b>	<p>Course Content:</p> <ul style="list-style-type: none"> <li>a) Interest, personality, values, skills, and aptitude assessment</li> <li>b) Self Management—time stress, anger and assertiveness</li> <li>c) Influences of significant life experiences and transitions</li> <li>d) Communications skills, needs and expectations, roles and self development</li> <li>e) Relationship management: with families, friendships, relationships and co-workers</li> <li>f) Decision making and goal setting</li> <li>g) Occupational research and planning</li> <li>h) The effects of labour market trends</li> <li>i) Employability skills and factors for success</li> </ul>
<b>O:</b>	<p>Methods of Instruction</p> <p>Some or all of the following methods may be used:</p> <ul style="list-style-type: none"> <li>a) lectures</li> <li>b) small group discussions</li> <li>c) group testing</li> <li>d) structured independent learning assignments</li> <li>e) video/audio materials</li> </ul>
<b>P:</b>	<p>Textbooks and Materials to be Purchased by Students</p> <p>Vocational Testing Assessment Package</p>
<b>Q:</b>	<p>Means of Assessment</p> <p>Due to the experiential nature of this course, regular attendance is necessary to maximize student learning. The specific course assignments and their weighting will be determined by the instructor.</p> <ul style="list-style-type: none"> <li>a) completion of in class exercises</li> <li>b) submission of weekly journal reports describing the learning that has occurred as a result of the class activities, exercises, materials and/ or discussions.</li> <li>c) Submission of a life history narrative</li> <li>d) Submission of a career summary report</li> <li>e) Submission of detailed occupational research report integrating assessment results</li> <li>f) Submission of completed information interview assignment</li> <li>g) Submission of various written assignments analyzing and applying vocational or self assessment results and theory.</li> </ul>
<b>R:</b>	<p>Prior Learning Assessment and Recognition: specify whether course is open for PLAR</p>

---

Martha Entin

Course Designer(s)

---

Education Council / Curriculum Committee Representative

---

Dean / Director

---

Registrar