

HUMAN DEVELOPMENT (HD)

HD0529 Math Success 1 credit (3 lab hrs/wk)

This course facilitates students to become successful math learners and critical thinkers. Students will be exposed to a variety of math study skills, problem solving skills, and systems of logic which will be put into immediate practice through group and individual exercises. Students will assess their own most favored learning styles and develop increased comfort in alternative learning situations. Students will also self-identify possible math and/or test anxiety which may be artificially reducing their math grades. Students are encouraged to be concurrently enrolled in a math course required for their majors so that the skills learned here can be put into immediate practice. Concurrent courses include MTH20, 60, 65, 95, and 105.

This course may be taken 3 times for credit.

Course classification: DEV

HD100 College Success and Survival 3 credits (3 lec hrs/wk)

Facilitates adjustment to the college environment. Focuses on self-assessment, personal development, educational goal setting and critical thinking. Encourages interdisciplinary exploration, exposure to multiple modes of educational delivery, and structured academic journaling.

This course may be taken 1 time for credit.

Course classification: LDC

HD100A College Success and Survival (A) 1 credit (1 lec hrs/wk)

First of a sequence of three one-credit courses dividing up the content of former HD*100. Facilitates adjustment to the college environment.

Focuses on self-assessment, personal development, educational goal setting and critical thinking. First module focuses on personal responsibility, goal setting, motivation, time management, self-management and SWOCC specific information.

This course may be taken 1 time for credit.

Course classification: LDC

HD100W College Success and Survival 1 credit (1 lec lab hrs/wk)

This course is designed to assist the student in adjusting to the on-line/distance education environment. Students will be introduced to skills, techniques, and knowledge necessary for successful on-line learning.

This course will emphasize navigating on-line learning systems including sending e-mail, posting to discussion boards, attaching files, submitting assignments, and taking assessments. This course will assist students to develop specific study skills geared toward on-line learning including developing and sustaining self-motivation, and self-direction. This course is recommended for students new to the on-line learning environment.

This class will be a hybrid. Students will receive six hours of direct instruction, and five hours of on-line instruction. This class is designed to meet three times for two hours each session. This class will meet the first week of the quarter, fifth week of the quarter, and the tenth week of the quarter. The review and the final will be on-line.

This course may be taken 1 time for credit.

Course classification: LDC

HD101 Community Service Learning Exp 3 credits (2 lec, 3 lab hrs/wk)

A theoretical and practical course examining the principles and features of service-learning. Students will develop a personal understanding of civic engagement, ethics and leadership through direct and/or indirect service to a community-based organization and through critical reflection. Students will be required to complete 33 hours of service and participate in weekly seminars/discussions.

This course may be taken 1 time for credit.

Course classification: LDC

HD101L Service Learning Lab 1-9 credits (3 lab hrs/wk/cr)

This course permits an instructor to offer an optional concurrent service learning component to supplement a course already taught. This component extends, reinforces, or applies the learning from the original course to meet a community need. May be repeated for a total of nine credit hours. A separate syllabus/course outline or schedule will be required for each class offered.

This course may be taken 9 times for credit.

Course classification: LDC

HD102 College Nuts and Bolts 1 credit (1 lec hrs/wk)

Designed for first year students, provides a brief introduction to the essentials of college adjustment. Topics include: Accessing college resources, managing time, understanding college procedures, academic planning and maintaining academic standing.

This course may be taken 1 time for credit.

Course classification: LDC

HD105 Finding Funding Through Scholarship 1 credit (1 lec hrs/wk)

Designed to increase students' success in obtaining scholarships. Topics covered are: Common scholarship criteria, application tips, essay writing, scholarship searches, and how scholarship committees make their decisions.

This course may be taken 1 time for credit.

Course classification: LDC

HD110 Career and College Awareness 2 credits (2 lec hrs/wk)

This course focuses on preparing non-traditional students to enter college, training programs and/or employment. It helps students achieve their education and career goals by offering a variety of opportunities for students to identify and reflect on their strengths and interests. Aspects of this course are integrating prior knowledge with new information, improving vocabulary, reading skills, charts and tables and locating information.

This course may be taken 2 times for credit.

Course classification: LDC

HD111 Math Success 2 credits (1 lec, 2 lec lab hrs/wk)

This course facilitates students to become successful math learners and critical thinkers. Students will be exposed to a variety of math study skills, problem solving skills, and systems of logic which will be put into immediate practice through group and individual exercises. Students will assess their own most favored learning styles and develop increased comfort in alternative learning situations. Students will also self-identify possible math and/or test anxiety which may be artificially reducing their math grades. Students are encouraged to be concurrently enrolled in a math course required for their majors so that the skills learned here can be put into immediate practice. Concurrent courses include MTH 20, 60, 65, 95, and 105.

This course may be taken 1 time for credit.

Course classification: LDC

HD112 Study Skills 3 credits (3 lec hrs/wk)

Designed to increase the students' success in college by assisting them in obtaining skills necessary to reach their educational objectives. Students are introduced to time management strategies, note taking, library usage, problem solving, exam strategies, muscle reading, and learning style.

This course may be taken 1 time for credit.

Course classification: LDC

HD113 Stop Test Anxiety Now 1 credit (1 lec hrs/wk)

Covers techniques for coping with debilitating test-taking anxiety, and improving overall test performance. Students will utilize biofeedback to assess individual levels of anxiety and map precise solutions to individual anxiety constructions.

This course may be taken 1 time for credit.

Course classification: LDC

HD140 Career/Education Exploration 1 credit (1 lec hrs/wk)

Provides tools needed to make an informed career and educational decision. Includes interest testing; self-assessment of skills, values, and attitudes. Learn how to locate occupational information and relate it to making informed educational choices.

This course may be taken 1 time for credit.

Course classification: LDC

HD147 Decision Making 1 credit (1 lec hrs/wk)

This course assists students to develop an awareness of their personal decision-making styles in order to make effective decisions and life choices in personal, social, academic and work settings. Introduces information on effective decision-making.

This course may be taken 1 time for credit.

Course classification: LDC

HD152 Stress Management 1 credit (1 lec hrs/wk)

This course assists students to identify specific personal stressors, and develop skills that enable the students to more effectively deal with stress.

This course may be taken 1 time for credit.

Course classification: LDC

HD154 Self-Esteem 1 credit (1 lec hrs/wk)

This course will provide students with an opportunity to define, assess and develop their self-esteem. This course will provide multiple tools and processes to enhance self-esteem and develop individual strengths.

This course may be taken 1 time for credit.

Course classification: LDC

HD204 Living Consciously 3 credits (3 lec hrs/wk)

This class is designed to assist college students of any age to experience greater success in both college and their personal lives through the use of positive psychology.

This course may be taken 1 time for credit.

Course classification: LDC

HD208 Career/Life Plan 3 credits (3 lec hrs/wk)

Students learn a process for career selection, emphasizing development as an ongoing process. Attention is given to self-assessment (skills, interests, values, attitudes, motivational patterns), decision making models, job and career research techniques (including electronic resources), and development of a personal action plan.

This course may be taken 1 time for credit.

Course classification: LDC

HD215 Transfer Success 1 credit (2 lec lab hrs/wk)

This class is designed to assist students in the preparation for transfer to a four-year institution. Course content includes development of strategies for choosing a transfer institution, identification of resources to assist in the transfer process, choice of majors, and funding sources.

This course may be taken 1 time for credit.

Course classification: LDC