

Human Development Classes

The Counseling and Advising Center offers 2-credit Human Development classes for students who want to pursue personal development in a focused way. The following classes are currently being offered:

Fall Quarter

HUMDV 109 Personal Development

Prerequisites: Placement in Read 080 and ENGL 060

A balanced view of current theory and research in psychology with an emphasis on personality, motivation, decision making and learning. The focus is on understanding the role of family, the environment and individual choices and how they combine in shaping the development of the individual. 2 lecture hours. Satisfies general elective requirement for the AA degree.

HUMVS 111 Career Options and Life Planning

Prerequisites: Placement in Read 080 and ENGL 060

The focus of HUMDV 111 is to facilitate awareness of values, skills, interests and attitudes as they relate to the student's career journey and the world or work. Students will become familiar with occupational resources including self-employment and entrepreneurial options, labor market trends, resume and cover letter writing, interviewing and the process for career decision-making. Students will learn career concepts and develop career researching and planning skills. 2 lecture hours. Satisfies general elective requirement for the AA degree.

Winter Quarter

HUMDV 104 Stress management and Wellness

Prerequisites: Placement in Read 080 and ENGL 060

This course is designed to provide general information, tools, and guides for stress management and wellness promotion. Students will look at the physical, cognitive, psychological and behavioral factors related to stress and coping. The goal is to help each student improve in the ability to manage stress. Instruction techniques will include lectures, extensive use of group activities, and introduction of relaxation methods such as guided relaxation and meditation. 2 lecture hours. Satisfies general elective requirements for the AA degree.

Spring Quarter

HUMDV 151 Interpersonal Skills

Prerequisites: Placement in Read 080 and ENGL 060

This class is designed to assist students in increasing the effectiveness of their interactions with others. Students will gain skills in topics such as effective listening, initiating conversations, assertive communication, conflict resolution, and the use of appropriate

body language and nonverbal communication. The goal is to help each student to develop an awareness of his or her own communication strengths and weaknesses and to teach each student to express thoughts, feelings and opinions in an effective, socially appropriate manner. Instruction techniques will include lecture, role playing, extensive use of group activities and discussion, and practice assignments. 2 lecture hours. Satisfies general elective requirements for the AA degree.