



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 Semed

students with little recent educational experience. Instruction will be moderately paced and will occur in a sun

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

il
J: Course for which this Course is a Prerequisite nil
K: Maximum Class Size: 25

L: PLEASE INDICATE:

- Non-Credit
- College Credit Non-Transfer
- College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)

M: Course Objectives / Learning Outcomes

- a) To increase awareness of personal needs, values, and beliefs relating to career and life choices.
- b) To acquire a strong applied understanding of the processes that influence personality, self-concept, self-esteem, attitudes and beliefs.
- c) To generate an individual vocational profile based on psychometric tests that assess interests, aptitudes, work values and personality variables.
- d) To acquire career development skills related to occupational exploration, research, decision-making.

N: Course Content:

- a) Interest, personality, values, skills, and aptitude assessment
- b) Self Management—time stress, anger and assertiveness
- c) Influences of significant life experiences and transitions
- d) Communications skills, needs and expectations, roles and self development
- e) Relationship management: with families, friendships, relationships and co-workers
- f) Decision making and goal setting
- g) Occupational research and planning
- h) The effects of labour market trends
- i) Employability skills and factors for success

O: