

Hagerstown Community College
OFFICIAL COURSE SYLLABUS DOCUMENT

COURSE: STU 102 – Career Planning

1 Credit

INSTRUCTOR:

SEMESTER/YEAR:

COURSE DESCRIPTION: This course assists students in making sound career choices through the utilization and synthesis of theoretical and self-assessment (interests, abilities, values, and lifestyle preferences) information. Career decision-making techniques teach students how to choose occupations which will validate their self concepts in the world of work. The course provides instruction in the use of occupational outlook information and career field research methods. Emphasis is placed on the career development process and its relationship to personal development. Course fee required for “Strong Interest Inventory.” Total of 15 hours of lecture.

TEXTBOOK: Sukiennik, D., Bendat, W., & Raufman, L. (2007). *The Career Fitness Program: Exercising your options* (8th ed.), Upper Saddle River, NJ: Prentice-Hall.

STUDENT LEARNING OUTCOMES:

- Increased self-knowledge of work related interests, values and abilities.
- Ability to discuss career decision making process and application to self.
- Knowledge and ability to locate occupational information needed to make informed career decision.
- Job search skills.
- Knowledge of effective resume writing.
- Increased interviewing skills.
- Ability to integrate career decision making process.