

Personal Development

Program Description

Santa Barbara City College offers courses that provide opportunities for students to increase their potential for success, develop leadership competencies and management skills, and evaluate and plan their educational programs.

The college faculty believes strongly that students should take time early in their educational endeavors to develop a plan, seek information, and prepare themselves for a comprehensive program that is best suited to their interests, abilities and goals.

Personal Development courses at SBCC, as well as a diverse array of support services, allow the student to develop and organize his or her program of courses, co-curricular activities and use of support services to achieve desired career training, educational goals, life management skills and leadership skills.

Educational planning and academic skills development opportunities through Student Success, Educational Planning and College Search courses should be an essential part of every student's college curriculum, while specialized courses provide unique opportunities for leadership development.

All students, particularly those who are undecided or looking for possible new career directions, are urged to take advantage of Career Planning courses, services and professional guidance provided by the faculty and staff of the Career Advancement Center. Career planning courses and services also provide an opportunity to explore, choose and enter careers and professions.

Information/Offices

Office of Student Development (SS-260, ext. 2202)

Academic Counseling Center (SS-120, ext. 2285)

Career Center (SS-282, ext. 2331)

EOPS (SS-240, ext. 2279)

ESL (ESL-2, ext. 2320)

International Students (IE, ext. 2240)

Student Activities (CC-217, ext. 2262)

Student Success (SS-260, ext. 2202)

Transfer Center (SS-140, ext. 2547)

Personal Development Courses

PD 004 — Personal Awareness Group

(1)

Hours: 18 lecture

Concepts of emotional health and effective interpersonal behavior. Lecture and group discussion will guide students on how to effectively deal with life situations and improve student success.

PD 020B — Strategies for Student Success

(1)

Hours: 18 lecture

Focuses on specific strategies for achieving academic and personal success. Students come to understand motivation and learn how to identify and overcome self-defeating behaviors.

PD 025 — Orientation to EOPS/CARE

(1)

Hours: 18 lecture

Limitation on Enrollment: Eligibility for EOPS/CARE Program required.

EOPS/CARE Orientation to acquaint students with campus, college procedures and policies, as well as programs. *Graded Pass/No Pass.*

PD 100 — College Success

(3) — CSU, UC*

Skills Advisories: Eligibility for ENG 70 and 80

Hours: 54 lecture

Students clarify their educational objectives and develop the skills necessary to reach them. Topics include time management, reading and study skills, goal-setting, career planning and communication skills. (**UC Transfer Limit: PD 100 and 110 combined: maximum credit, one course*)

PD 101A — Orientation to College for Re-entry Adults

(1)

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 18 lecture

Introduction to the campus and its resources for adults returning to school. Topics include study skills, time management and coping with the transition to being a student again. *Graded Pass/No Pass.*

PD 101B — Orientation to College for International Students

(0.5) — CSU

Skills Advisories: Eligibility for ESL Level 5

Hours: 9 lecture

Provides an overview of the American higher education system, as well as an orientation to college and its student support services. Students learn about cultural patterns, adjustment issues and U.S. classroom culture, as well as about college resources that are available to provide ongoing academic support.

PD 102A — Orientation to College for ESL (1)

Hours: 18 lecture

Introduction to the campus and its resources for first-time to college ESL students. Topics include study skills, time management, coping with the transition to being a student in the United States, and an introduction to SBCC educational programs offered.

PD 102B — Success Strategies for ESL Students (2)

Course Advisories: ESL 122 and 123 and 124

Hours: 36 lecture

Designed to empower transitioning ESL students to achieve academic and personal success. Includes strategies and success factors for ESL students transitioning to SBCC academic programs.

PD 103 — Career Planning (1) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 18 lecture

Students assess interests, values, skills and personality traits, and learn skills to link up careers and college majors. Topics include career assessment, decision-making, researching careers and majors.

PD 104 — Choosing a College Major (1)

Skills Advisories: ESL Level 4 or 5 or ENG 70 or 80

Hours: 18 lecture

Learn about yourself and SBCC majors and programs of study to make an informed choice of major that can further your educational and career goals. Students assess their individual strengths, interests, skills, abilities, personality preferences, lifestyle expectations, values, career options and educational goals and match these to SBCC's majors, curriculum and

programs of study. Students develop a personalized Certificate or Associate Degree planning portfolio.

PD 107 — Success Strategies for the Single Parent Student (3) — CSU

Hours: 54 lecture

Designed to empower students to achieve academic and personal success. Strategies and success factors for single parent students. Addresses the need for developing good study habits, time management skills and support systems. Students learn to identify and understand self-esteem and self-defeating behavior; develop strategies for change; and emphasize attitudes beneficial to achieving optimum academic performance.

PD 110 — Career Planning and Decision-Making (3) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Comprehensive approach to career planning. Exploration of interests, personality traits and values through career assessment inventories. Topics include choosing a major, educational planning, value clarification, skills analysis, decision-making and goal-setting. Job search skills include researching occupational information, on-site interviews, interviewing and resume writing. (*UC Transfer Limit: PD 100 and 110 combined: maximum credit, one course)

PD 115 — Effective Time Management (1) — CSU

Skills Advisories: ENG 70 and 80

Hours: 18 lecture

Students develop the skills necessary to effectively manage their time, develop and set realistic goals, and improve their ability to overcome issues that cause procrastination.

PD 120 — Peer Education /Lifestyle Choices (1) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 18 lecture

Development of peer education skills around healthy lifestyle choices, with emphasis on the effects of alcohol and other drugs, HIV prevention, sexual health, relationships, self-esteem and stress management. Designed to enable students to participate in formal or informal campus, community or personal peer education and prevention programs. National Bacchus and Gamma Peer Education Certificate optional.

PD 131 — Stress Management and Wellness

(3) — CSU

Skills Advisories: Eligibility for ENG 110 or 110GB or 110H
Hours: 54 lecture

Effective coping strategies to promote self-awareness, personal wellness and academic success and modeling these strategies for others. Explores symptoms of stress and other psychological conditions, including depression and anxiety. Examines the social, psychological, physiological and environmental factors that contribute to negative stress and the patterns of behavior that may result.

PD 133 — Focus and Attention for Student Success

(1)

Hours: 18 lecture

Concentration is critical in this digital age of multi-tasking. Stabilizing the mind and retraining it to focus attention and be aware of awareness can lead students towards clearer thinking, enhanced learning, satisfaction, creativity, more sustained balance and mastery.

PD 140 — College Success for Student Athletes

(1) — CSU

Hours: 18 lecture

Mandatory course for all student-athletes participating in intercollegiate sports for the first time at SBCC. Students learn critical information on athletic eligibility and NCAA transfer requirements, and develop a long-term educational plan. Includes skills necessary for college success: time management, study skills and test-taking strategies.

PD 145 — College Success in Health Occupations

(3) — CSU

Skills Advisories: ENG 70 and 80
Hours: 54 lecture

Students clarify their educational objectives and develop the skills necessary to attain them. Topics include time management, reading and study skills, goal-setting, health occupations career planning and communication skills.

PD 149A — Academic Planning

(0.5) — CSU

Skills Advisories: Eligibility for ESL 122 and 123 and 124 or 132 and 124
Hours: 9 lecture

Introduction to academic planning, leading to the completion of a comprehensive Student Education

Plan (SEP). Students learn to incorporate the major design elements of an SEP by utilizing resources and educational planning software to identify educational requirements and appropriately balance a course schedule.

PD 149B — Academic Planning for

F-1 Visa Students

(0.5) — CSU

Skills Advisories: Eligibility for ESL Level 5
Hours: 9 lecture

Introduction to educational planning which leads to the completion of a long-term Student Education Plan (SEP). F-1 visa students learn to incorporate the major design elements of an SEP by utilizing resources that identify educational requirements and appropriately balance a course schedule.

PD 191A-Z — Topics in Personal Development

(0.5-1)

Hours: 9-18 lecture

Counseling services seminars on selected topics. Designed to provide students with structured group experience to assist them in the development of specific interpersonal or academic competencies. *Graded Pass/No Pass.*

PD 191A — Career Planning:

A Self-Directed Approach

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 18 lecture

Self-paced, individualized career planning course to include career assessment and testing, career counseling and independent career research. Students prepare a personal portfolio that includes short-term and future educational career plans and goals; and activities designed to achieve these goals. Course available through Internet assignments or through independent research conducted at the Career Center, with some class meetings required.

PD 191B — Math Success Seminar

(1)

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 18 lecture

Individualized course to help students find better patterns for success in mathematics.

**PD 191D — Orientation to College
(0.5)**

Hours: 9 lecture

Designed to help new/first-time students understand the role of college, and to develop skills that promote academic persistence and personal adjustment.