

## Counseling Services (COUN)

### **COUN 1050 Skills for Self-Care and Resilience**

**1 Credit**

This course offers students the opportunity to learn about and try out a variety of activities and practices that promote self-care and resilience. We will explore ways of enhancing mental well-being, maintaining balance, and persevering when faced with adversity. With the understanding that different strategies work for different people, students will develop a personalized set of skills for lifelong mental wellness.

(1 contact hour)

### **COUN 1100 Career Exploration**

**3 Credits**

This course assists students in examining the components of career choice. It focuses on career awareness, personal awareness, and educational awareness as they relate to the process of career choice. Career planning skills and self-assessment inventories will help students identify tentative career options. The course will also review decision-making strategies and techniques. This course is recommended for students who are undecided about their career choice and those who have not declared a program of study.

(3 contact hours)

### **COUN 1200 Employment Strategies**

**2 Credits**

This course introduces students to effective strategies for job search and preparation. Students will identify and develop skills in preparing resumes, job applications, and cover letters; locating hidden job markets; negotiating salary; networking; and interviewing.

(2 contact hours)

### **COUN 1300 Skills for College Success**

**2 Credits**

This course helps students to utilize more of their potential and to succeed in college. It introduces strategies for personal growth coupled with skills such as time management, critical thinking, note-taking and test-taking. Students will develop an individual plan for college success. This course is especially recommended for first-time students, adults returning to college, and students experiencing academic difficulties.

(2 contact hours)

### **COUN 1400 Skills for Love and Marriage**

**3 Credits**

This elective course prepares students for lasting, healthy love relationships. Students will explore family of origin influences on love relationships, healthy expectations for marriage, and the role of personal values and choices in establishing and maintaining a loving relationship. They will learn skills for handling differences and conflicts as well as for enhancing love and emotional connection. Additional topics include love lessons from current brain science, partner selection, and sexual satisfaction in long-term relationships. The course provides an overview of theory and research on love relationships, while emphasizing the development of skills and personal insight.

(3 contact hours)