

## STDV - Student Development Courses

### STDV B1 Educational Planning

*1 unit*

**Description:** The course introduces college survival skills and issues, including college expectations, a student's responsibility for education, college resources, and academic policies. This course is designed to assist students in discussing strategies for choosing a major and/or career and to help them in making educational plans based on their individual career goal. AA/AS Associate's Degree applicable.

**Hours:** 18 lecture

**Transferable:** CSU, UC, and private colleges.

### STDV B2 Lifelong Learning and Career Planning

*2 units*

**Description:** This survey course is designed to increase academic motivation and career success throughout the lifespan. In particular, students will learn to examine how an individual's psychological, social, and environmental factors impact academic, career and personal life choices. Through this exploration, students will apply these topics as they relate to their personal and professional self-development and to the discovery of many new options for improving all aspects of their lives. The historical view of careers, current career trends, and employment outlook will be studied. Various methods of researching academic and career opportunities will be explored to assist students. Satisfies the 0.5 educational planning graduation requirement for Bakersfield College.

**Hours:** 36 lecture

**Transferable:** CSU, UC, and private colleges. Degree applicable.

### STDV B3 Career and Life Planning

*3 units*

**Description:** This course guides students through a decision-making process that will help them envision and plan for a future that is productive, achievable, and stimulating. The culmination of this process is the development of a career and educational plan that will create a pathway for students to reach their career and academic goals. Critical thinking skills will be utilized through a systematic approach to career development by examining values, interests, skills, life roles, personality types, personal self-management, decision-making and goal-setting throughout the life span.

**Hours:** 54 lecture

**Transferable:** CSU and private colleges; CSU GE E

### STDV B6 Tools for College Success

*3 units*

**Description:** Integrates personal growth, learning techniques, academic and career success, problem solving, critical, and creative thinking. The course focuses on the following topics: self-evaluation and assessment, goal setting, career decision making, educational planning, time and financial management techniques, instructor-student relationships, cultural diversity, stress management, campus resources, learning styles and strategies including lecture note-taking, test taking, memory and concentration. Satisfies 0.5 unit educational planning requirement for graduation from Bakersfield College.

**Hours:** 54 lecture

**Transferable:** CSU, UC, and private colleges.