American River College’s Human Career Development courses are designed to help students achieve success in college through a variety of classes, which include study skills, career exploration, college success, transferring to four year institutions, life skills, peer mentoring, and academic learning strategies for students with specific learning disabilities.

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HCD 310  College Success  3 Units
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to UC/CSU
Hours: 54 hours LEC
This course covers the skills and knowledge necessary for college success, as well as personal issues that are commonly encountered by many college students. Topics include motivation, self-discipline, learning styles, memory development, time management, communication skills, goal-setting, career planning, study skills and techniques, and critical thinking skills. Campus resources, college regulations, and information competency are also addressed. This course is highly recommended for first time college students and/or continuing college students who would benefit. Field trips may be required.

HCD 318  Transfer: Making It Happen  2 Units
Advisory: Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320
General Education: AA/AS Area III(b)
Course Transferable to UC/CSU
Hours: 36 hours LEC
This course provides a comprehensive study of the university transfer process as it relates to community college students. Topics include an overview of American higher education, student support services, major selection, college research, transfer admissions requirements, the college application process, transfer resources, transitional issues, and preparation for graduate and professional education. Field trips may be required.

HCD 330  Life and Career Planning  1 Unit
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 18 hours LEC
This course is a comprehensive approach to life and career planning based on extensive interests, personality type, values, and skills assessments. Personal and career goals are formulated using career research and decision-making strategies.

HCD 331  Career and Job Search Strategies  1 Unit
Advisory: HCD 330
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 18 hours LEC
This course assists students preparing for the current job market. Topics include: researching career fields, developing specific career/educational goals, informational interviewing, internships, professional networking, resume writing, interviewing skills, and current job search strategies.

HCD 336  Exploring Health Careers  1 Unit
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 18 hours LEC
This course introduces a wide variety of healthcare and healthcare-related occupations, emphasizing educational programs and career opportunities. It includes the identification and analysis of career interests, skills, values, and personal traits, as well as occupational research, resulting in the development of educational and career plans.

HCD 337  Exploring Health Careers  1 Unit
Advisory: ENGRD 102 or 103, or ESLW 320 with a grade of "C" or better; and ESLR 320 with a grade of "C" or better; or placement through the assessment process.
Course Transferable to CSU
Hours: 18 hours LEC
This course provides an opportunity to obtain information about a variety of health professions. This course explores the requirements to enter various health fields, including education, licensures, and volunteer experience. In addition, it offers opportunities to observe and gain knowledge in order to choose an appropriate health career goal.

HCD 364  Introduction to Peer Mentoring  1.5-4 Units
Prerequisite: HCD 111, 114, 115, 310, or 318 with a grade of "C" or better
Course Transferable to CSU
Hours: 18 hours LEC, 27-162 hours LAB
This course offers instruction on the role of the peer mentor at the community college level. Topics include skills and strategies associated with interpersonal communication, peer leadership, collaborative learning, problem solving, and assisting students in how to effectively and efficiently assist their peers in managing college and life experiences. This course is only open to students who have been selected to serve as peer mentors in an on-campus program, such as the First Year Experience, SAGES, Journey program, MESA, Puente, EOP&S, and Umaja.

HCD 382  Learning Strategies for College and Life  3 Units
Advisory: Eligibility for ENGRD 116 and ENGWR 101; OR ESLR 320 and ESLW 320
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to UC/CSU
Hours: 54 hours LEC
This course provides a universal learning environment that supports students with specific learning differences, through adaptive strategies and techniques essential for achieving academic and personal success. Topics include adaptive technology, organization, learning modalities, time management, memory development, motivation, note-taking, personal wellness, study skills, testing techniques, and critical thinking methods. Also covered are communication approaches, personal and academic barriers, and disability awareness. Additionally, campus/community resources, college regulations, and proficiency expectations are covered.