

# PERSONAL GROWTH/ LEADERSHIP

The Personal Growth course offerings provide an assortment of courses which enable people to better understand themselves, institutions, and the work world, with a professional counselor as instructor, advisor, and/or facilitator.

## Faculty

### Full-Time/Counselor

Margarita Corral  
Emma Waits

## Leadership Courses

### LDR R100—Student Leadership 3 units

2 hours lecture, 3 hours lab weekly

This course is designed to provide emerging and existing leaders the opportunity to explore the concept of leadership and to develop and improve their leadership skills. The course prepares students to assume leadership positions in organizations and emphasizes team building, time management, conflict resolution, goal setting, decision-making skills, and effective communication styles. Contemporary readings on leadership are integrated into the classroom discussions. Field trips may be required. (2)

Transfer credit: CSU

## Personal Growth Courses

### PG R001—Orientation: All About Oxnard College ½ unit

½ hour lecture weekly

Course offers information about academic counseling, study skills, college activities and clubs, student services, vocational programs, and basic survival hints. Not applicable for degree credit. Course may be taken two times. (1)

### PG R002—Job Development ½ unit

½ hour lecture weekly

Specialized workshops or services designed to upgrade student abilities in the area of job-seeking techniques, job resume preparation, and job interviewing methods; practical experiences in the actual resume writing process, as well as personal interviewing practice. Not applicable for degree credit. Course may be taken two times. (1)

### PG R003—Academic Assessment 1½ units

1½ hours lecture weekly

To assist students in assessing their past, present, and future academic objectives; by reviewing their past academic performance, students will be able to determine whether their present academic objectives are realistic. Not applicable for degree credit. (2)

### PG R004—Peer Advisor Training 3 units

3 hours lecture weekly

Familiarizes students with philosophy, goals, program, course offerings and services of community colleges, and techniques and skills designed to develop and improve students' ability to relate to and help fellow students. Successful participation in this course is recommended for campus peer advisor positions. Not applicable for degree credit. Course may be taken two times. (2)

### PG R005—Career Search 1½ units

1½ hours lecture weekly

Students will explore their values, aptitudes, interests, and temperaments and how they assess themselves in the various occupational choices they are making. Procedures for value clarification and decision making will be practiced. Test interpretation and personal counseling used to assist students in examining vocational options. Not applicable for degree credit. (1)

### PG R006—Vocational Assessment ½ unit

½ hour lecture weekly

Assist students in career preparation, selection, and access. Individualized vocational testing and counseling to provide maximum input on vocational goals and future plans. Not applicable for degree credit. Course may be taken three times. (1)

### PG R007—Single Parent Issues 1 unit

1 hour lecture weekly

Course designed as support system for low income, single parent students. Students will explore attitudes, develop goals, and examine problems that might be encountered in achieving goals. Students gain knowledge of campus and community resources to assist in their progress. Not applicable for degree credit. Course may be taken three times. (1)

### PG R008—Student Success: Life Skills: Time Management 1 unit

1 hour lecture weekly

This course is designed to provide students with appropriate skills in life by teaching them time management techniques: evaluation, priorities, keeping a daily journal, and projecting a five-year plan for them. Course may be taken two times. (1)

### PG R009—Student Success: Life Skills: Goal Setting 1 unit

1 hour lecture weekly

This course is designed to provide students with skills in life by teaching them to brainstorm their goals, sort their goals and then to create a step-by-step plan to achieve immediate goals as well as long-term goals. Course may be taken two times. (1)

### PG R010—Student Success: Life Skills: Building Resources and Support Systems 1 unit

1 hour lecture weekly

This course is designed to provide students with a knowledge of all student services and college services offerings as well as community resources from both the college services and the community services. Course may be taken two times. (1)

### PG R011—Student Success: Life Skills: Reviewing Your Personal Skills and Professional Achievements 1 unit

1 hour lecture weekly

This course is designed to provide students with a knowledge of all student services and college services offerings as well as community resources, and how to profit services. Course may be taken two times. (1)

### PG R012—Student Success: Life Skills: Reducing and Managing Stress In Your Life 1 unit

1 hour lecture weekly

This course is designed to provide students with life skills in order to handle the stress of everyday life, school, family, relationships, and finances. Course may be taken two times. (1)

### PG R014—Student Success: Life Skills: Clarifying Your Values 1 unit

1 hour lecture weekly

This course is designed to provide students with an avenue to look at the beliefs and values that they live and to support these more clearly or to take away the ones that create stumbling blocks toward their career and life goals. Course may be taken two times. (1)

### PG R098—Short Courses in Personal Growth ½-1 unit

Lecture and/or lab hours as required by unit formula

This course is designed to meet specific needs of our community and students in the area of personal growth topics. Not applicable for degree credit. Course may be taken two times. (1)

**PG R100A—Student Success: EOPS** **1 unit**

*1 hour lecture weekly*

This course is designed to provide students with college survival techniques: Learn what the EOPS services are, tour the campus, use the college catalogue, identify the requirements for graduation and transferring to a four year university, navigate the financial aid process and requirements, review academic policy, utilize career search services, explore other support services, review available study skills and learn how to develop an educational plan. (1)

*Transfer credit: CSU*

**PG R101A—Career Development and Life Planning I** **3 units**

*3 hours lecture weekly*

Assists students systematically to examine components of career choice; focuses on career awareness, personal awareness, and educational awareness as they relate to the process of career choice. Planning skills and self-assessment instruments will help identify tentative career possibilities. Course may be taken two times. (2)

*Transfer credit: CSU*

**PG R101B—Career Development and Life Planning II** **3 units**

*Prerequisites: PG R101A.*

*3 hours lecture weekly*

Provides in-depth methods of self-assessment, and increases personal knowledge and awareness for developing effective career decision-making strategies. (2)

*Transfer credit: CSU*

**PG R102—College Success** **3 units**

*3 hours lecture weekly*

Course teaches student academic success by presenting the theory and practice of effective study skills, life skills, coping skills and learning skills and encourages the enhancement of student motivation and self-esteem through the use of assessment procedures, journals, and class discussions. Course may be taken two times. (2)

*Transfer credit: CSU*

**PG R198A-Z—Short Courses in Personal Growth** **½-10 units**

*Lecture and/or lab hours as required by unit formula*

Course offerings in personal growth designed to meet specific needs of the college and community as required and/or requested by persons or organizations. Field trips may be required. Course may be taken two times. (2)

*Transfer credit: CSU*