

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Career Explorations  
Semester Course Prefix and Number: PSYC 1457  
Old Quarter Course Prefix and Number: PSYC 106

Submitted By:  
Approval Date:  
Revision Date: Feb. 2002

Number of Credits: 1      Number of Lecture Credits: 1  
Semester(s) Offered:      Number of Lab Credits:      Number of Lab Hours:  
Negotiated Class Size:      Number of Studio/Demonstration/Internship Credits:

**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 - Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

In this course, students will learn the skills needed for effective career decision-making and life planning require skills. They will also explore their interests, values, and abilities, and how these relate to career choice. Techniques for researching occupations will be taught, as well as skills for effective decision-making and goal setting.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

All

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

The student will:

- Determine their strongest abilities, interests, and values, and will learn how these relate to current educational choices and future career plans
- Learn how to research and gather occupational information about the careers that best fit their interests, values, and abilities
- Have an opportunity to explore future job trends, and to learn which occupations are expanding or declining
- Learn and practice effective decision-making and goal-setting strategies that can be used now and in the future

**Student assessment methods:**

- Weekly Assignments
- Individual Project
- Final Examination

**Use of instructional technology** (includes software, interactive video and other instructional technologies):

Career Center resources

**Outline of the major course content:**

1. Exploring Self
  1. Career Expectations
  2. Campbell Interest and Skills Survey
  3. Rokeach Values Survey
  4. Lifestyle
2. Exploring Occupations
  1. World of Work--How Occupations are Organized
  2. Library Resources
  3. Interviews/Shadowing with local business people
3. Exploring the Future
  1. Future Job Trends
  2. Career Decision-making
  3. Setting Goals

**Additional special information** (special fees, directives on hazardous materials, etc.)

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

May transfer as an intro to Psychology course at CSS. Otherwise transfers as elective credits

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

Distribution: Original – Administrative Office, Library, Learning Center, Records, Student Services, Curriculum Committee Chair