

# Personal Development

Santa Barbara City College offers courses that provide opportunities for students to increase their potential for success, develop leadership competencies and management skills, and evaluate and plan their educational programs.

The college faculty believes strongly that students should take time early in their educational endeavors to develop a plan, seek information, and prepare themselves for a comprehensive program that is best suited to their interests, abilities and goals.

Personal Development courses at SBCC, as well as a diverse array of support services, allow the student to develop and organize his or her program of courses, co-curricular activities and use of support services to achieve desired career training, educational goals, life management skills and leadership skills.

Educational planning and academic skills development opportunities through Student Success, Educational Planning and College Search courses should be an essential part of every student's college curriculum, while specialized courses provide unique opportunities for leadership development.

All students, particularly those who are undecided or looking for possible new career directions, are urged to take advantage of Career Planning courses, services and professional guidance provided by the faculty and staff of the Career Advancement Center. Career planning courses and services also provide an opportunity to explore, choose and enter careers and professions.

## Information/Offices

Office of Student Development (SS-260, ext. 2202)  
Academic Counseling Center (SS-120, ext. 2285)  
Career Center (SS-282, ext. 2331)  
EOPS (SS-240, ext. 2279)  
ESL (ESL-2, ext. 2320)  
International Students (IE, ext. 2240)  
Student Activities (CC-217, ext. 2262)  
Student Success (SS-260, ext. 2202)  
Transfer Center (SS-140, ext. 2547)

## Course Descriptions

### PD 004 — Personal Awareness Group

(1) F, S

Concepts of emotional health and effective interpersonal behavior. Lecture and group discussion will guide students on how to effectively deal with life situations and improve student success.

### PD 006 — Peer Counseling Seminar

(3) F, S

*Limitation on Enrollment: Must be selected as EOPS Peer Adviser*

Seminar course designed to provide in-service training to prepare selected students to function as student advisers and perform such roles as aiding in orientation, providing guidance on study problems and adjustment to college difficulties, assisting in research, and working as a role-model for disadvantaged students. *Non-degree applicable.*

### PD 020B — Strategies for Student Success

(1) F, S

Focuses on specific strategies for achieving academic and personal success. Students come to understand motivation and learn how to identify and overcome self-defeating behaviors.

### PD 025 — Orientation to EOPS/CARE

(1)

*Limitation on Enrollment: Eligibility for EOPS/CARE Program required*

EOPS/CARE only. Orientation to acquaint students with campus, college procedures and policies, as well as programs. *Graded Pass/No Pass.*

### PD 100 — College Success

(3) F, S — CSU, UC\*

*Skills Advisories: Eligibility for ENG 70 and ENG 80*

Students clarify their educational objectives and develop the skills necessary to reach them. Topics include time management, reading and study skills, goal-setting, career planning and communication skills. (*\*UC Transfer Limit: PD 100 and 110 combined: maximum credit, one course*)

### **PD 101A — Orientation to College for Re-entry Adults**

(1)

*Skills Advisories: Eligibility for ENG 100 and ENG 103.*

Introduction to the campus and its resources for adults returning to school. Topics include study skills, time management and coping with the transition to being a student again. *Graded Pass/No Pass.*

### **PD 101B — Orientation to College for International Students**

(0.5) F, S — CSU

*Skills Advisories: Eligibility for ESL Level 5.*

Provides an overview of the American higher education system, as well as an orientation to college and its student support services. Students learn about cultural patterns, adjustment issues and U.S. classroom culture, as well as about college resources that are available to provide ongoing academic support.

### **PD 102A — Orientation to College for ESL (1) F, S, Summer**

Introduction to the campus and its resources for first-time to college ESL students. Topics include study skills, time management, coping with the transition to being a student in the United States, and an introduction to SBCC educational programs offered.

### **PD 102B — Success Strategies for ESL Students**

(2) F, S, Summer

*Course Advisories: ESL 122 and ESL 123 and ESL 124*

Designed to empower transitioning ESL students to achieve academic and personal success. Includes strategies and success factors for ESL students transitioning to SBCC academic programs.

### **PD 103 — Career Planning**

(1) F, S — CSU

*Skills Advisories: Eligibility for ENG 100 and ENG 103*

Students assess interests, values, skills and personality traits, and learn skills to link up careers and college majors. Topics include career assessment, decision-making, researching careers and majors.

### **PD 104 — Choosing a College Major**

(1) S

*Skills Advisories: ESL Level 4 or 5 or ENG 070 or ENG 080*

Learn about yourself and SBCC majors and programs of study to make an informed choice of major that can further your educational and career goals. Students assess their individual strengths, interests, skills, abilities, personality preferences, lifestyle expectations, values, career options and educational goals and match these to SBCC's majors, curriculum and programs of study. Students develop a personalized Certificate or Associate Degree planning portfolio.

### **PD 107 — Success Strategies for the Single Parent Student**

(3) F, S — CSU

Designed to empower students to achieve academic and personal success. Strategies and success factors for single parent students. Addresses the need for developing good study habits, time management skills and support systems. Students learn to identify and understand self-esteem and self-defeating behavior; develop strategies for change; and emphasize attitudes beneficial to achieving optimum academic performance. Required course for the EOPS/CARE Program.

### **PD 110 — Career Planning and Decision-Making**

(3) F, S — CSU, UC\*

*Skills Advisories: Eligibility for ENG 100 and ENG 103*

Comprehensive approach to career planning. Exploration of interests, personality traits and values through career assessment inventories. Topics include choosing a major, educational planning, value clarification, skills analysis, decision-making and goal-setting. Job search skills include researching occupational information, on-site interviews, interviewing and resume writing. (*\*UC Transfer Limit: PD 100 and 110 combined: maximum credit, one course*)

**PD 113 — College Search: Finding a College That Is Right for You**

**(1) F, S — CSU**

*Skills Advisories: Eligibility for ENG 70 and ENG 80*

Understanding higher education options and vocabulary; making extensive use of Internet resources to identify majors, curriculum and training programs and the colleges that offer them; researching and choosing colleges; understanding the admission process and time lines; writing the application essay; budgeting for college; identifying financial aid resources; and developing a personalized educational planning portfolio.

**PD 114 — Transfer: Making It Happen**

**(1) F, S — CSU**

*Skills Advisories: Eligibility for ENG 70 and ENG 80*

Applied course on entering a community college and transferring from a community college to a four-year college/university. Increases student understanding of higher education options and vocabulary, and makes extensive use of Internet resources in researching college-planning resources. Students identify majors, curriculum and training programs and the colleges that offer them; research and choose colleges; understand the admission process and timelines; develop an educational plan to meet transfer eligibility; apply for college; develop a budget, identify financial aid resources and apply for financial aid; and develop a personalized transfer planning portfolio.

**PD 115 — Effective Time Management**

**(1) — CSU**

*Skills Advisories: ENG 70 and ENG 80*

Students develop the skills necessary to effectively manage their time, develop and set realistic goals, and improve their ability to overcome issues that cause procrastination.

**PD 120 — Peer Education /Lifestyle Choices (1) — CSU**

Development of peer education skills around healthy lifestyle choices, with emphasis on the effects of alcohol and other drugs, HIV prevention, sexual health, relationships, self-esteem and stress management. Designed to enable students to participate in formal or informal campus, community or personal peer education and prevention programs. National Bacchus and Gamma Peer Education Certificate optional.

**PD 130A — Personal Leadership Development: Senate**

**(2) F, S — CSU**

*Skills Advisories: Eligibility for ENG 100 and ENG 103  
Limitation on Enrollment: Member of Student Senate*

Designated for students involved in student government (Student Senate), campus governance and development of personal leadership skills. Topics covered include, but are not limited to, study of parliamentary procedures for conducting meetings; college committees and organization; personal development testing; budget development; goal-setting and development of measurable objectives; report and proposal writing, communication techniques and group dynamics.

**PD 130B — Personal Leadership Development: Executive Board**

**(3) F, S — CSU**

*Skills Advisories: Eligibility for ENG 100 and ENG 103  
Limitation on Enrollment: Member of the Executive Board*

Designated for students involved in student government (Student Senate), campus governance and development of personal leadership skills. Topics covered include, but are not limited to, study of parliamentary procedures for conducting meetings; college committees and organization; personal development testing; budget development; goal-setting and development of measurable objectives; report and proposal writing, communication techniques and group dynamics.

**PD 131 — Stress Management and Wellness**  
**(3) F, S — CSU**

*Skills Advisories: Eligibility for ENG 110 or ENG 110GB or ENG 110H*

Effective coping strategies to promote self-awareness, personal wellness and academic success and modeling these strategies for others. Explores symptoms of stress and other psychological conditions, including depression and anxiety. Examines the social, psychological, physiological and environmental factors that contribute to negative stress and the patterns of behavior that may result.

**PD 140 — College Success for Student Athletes**  
**(1) F, S — CSU**

Mandatory course for all student-athletes participating in intercollegiate sports for the first time at SBCC. Students learn critical information on athletic eligibility and NCAA transfer requirements, and develop a long-term educational plan. Includes skills necessary for college success: time management, study skills and test-taking strategies.

**PD 145 — College Success in Health Occupations**  
**(3) F — CSU**

*Skills Advisories: ENG 70 and ENG 80*

Students clarify their educational objectives and develop the skills necessary to attain them. Topics include time management, reading and study skills, goal-setting, health occupations career planning and communication skills.

**PD 149A — Academic Planning**  
**(0.5) F, S, Summer — CSU**

*Skills Advisories: Eligibility for ESL Level 5*

Introduction to educational planning which leads to the completion of a long-term Student Education Plan (SEP). Students learn to incorporate the major design elements of an SEP by utilizing resources to identify educational requirements and appropriately balance a course schedule.

**PD 149B — Academic Planning for F1 Visa Students**

**(0.5) F, S, Summer — CSU**

*Skills Advisories: Eligibility for ESL Level 5*

Introduction to educational planning which leads to the completion of a long-term Student Education Plan (SEP). F1 visa students will learn to incorporate the major design elements of an SEP by utilizing resources that identify educational requirements and appropriately balance a course schedule.

**PD 150 — Educational Planning**  
**(1) — CSU**

*Skills Advisories: Eligibility for ENG 70 and ENG 80.*

Through career assessment inventories, students engage in intensive exploration of their individual interests, personality traits and values that result in choosing a transfer and/or SBCC academic major. Students research and choose colleges; understand the transfer admission process and timelines; and develop a personalized transfer and/or Associate Degree planning portfolio.

**PD 191 — Topics in Personal Development**  
**(1) F, S**

Counseling services seminars on selected topics. Designed to provide students with structured group experience to assist them in the development of specific interpersonal or academic competencies.  
*Graded Pass/No Pass.*

**PD 191A — Career Planning:  
 A Self-Directed Approach**

**(1) — CSU**

*Skills Advisories: Eligibility for ENG 100 and ENG 103*

Self-paced, individualized career planning course to include career assessment and testing, career counseling and independent career research. Students prepare a personal portfolio that includes short-term and future educational career plans and goals; and activities designed to achieve these goals. Course available through Internet assignments or through independent research conducted at the Career Center, with some class meetings required.

**PD 191B — Math Success Seminar**

(1)

*Skills Advisories: Eligibility for ENG 100 and ENG 103*

Individualized course to help students find better patterns for success in mathematics.

**PD 191D — Orientation to College**

(0.5)

Designed to help new/first-time students understand the role of college, and to develop skills that promote academic persistence and personal adjustment.