

GUIDANCE (GUID)

GUID 50 College Success (1.0 Units)

This survey course is designed to introduce personal management and study techniques that are commonly applied among successful college students, with an emphasis on concepts such as the learning process, time management, note taking, efficient textbook reading, memory development and effective test-taking. Grade Option.

Lecture Hours: 18.00

Transfer: Not transferable

GUID 51 Orientation to College (0.5 Units)

This class is designed to provide students with a well-rounded knowledge and orientation to the policies, procedures, and academic and support services available at Victor Valley College. Grade Option.

Lecture Hours: 9.00

Transfer: Not transferable

GUID 55 Bldg Math Confidence (1.5 Units)

A group guidance program for those who fear math and/or are unable to deal with math successfully. Attitudes and faulty notions about math will be explored. Grade Option.

Lecture Hours: 27.00

Transfer: Not transferable

GUID 56 Self Esteem (1.5 Units)

This personal development course focuses on specific ideas and techniques to overcome negative feelings such as loneliness, guilt, depression, and inferiority. Students will develop a personal value system that leads to greater happiness and productivity. Grade Option.

Lecture Hours: 27.00

Transfer: Not transferable

GUID 66 Peer Advising Techniques (3.0 Units)

This course is designed to provide peer advising techniques; familiarize students with campus policies and procedures; review student rights and responsibilities; understand campus resources; and develop helping skills that will prepare peer advisors to assist other students. Pass/No Pass.

Lecture Hours: 54.00

Transfer: Not transferable

GUID 100 Career and Life Planning (2.0 Units)

This group guidance course is designed to assist students in the career and life planning process through consideration of individual needs, personality, interests, abilities, and values. Emphasis will be placed on personal growth through assessment, career research, goal setting and decision making. Grade Option.

Lecture Hours: 36.00

Transfer: Transfers to CSU only

GUID 101 First Year Experience (3.0 Units)

This comprehensive course integrates personal growth, academic and career success with problem solving, critical and creative thinking. The course focuses on the following topics: life management, goal setting, career decision making, educational planning, college requirements and expectations, instructor-student interaction, cultural diversity, health maintenance, stress management, campus resources, learning styles, and strategies including lecture note-taking, test taking, and concentration. Grade Option.

Lecture Hours: 54.00

Transfer: Transfers to both UC/CSU

GUID 103 Career Exploration and Life Planning (3.0 Units)

This course is designed to assist students considering a career change or those undecided on a college major. An in-depth guide to creating career options throughout life. Topics include factors that affect career choice; self-assessment of personality, interest, skills, and values; career development over the life span; professional skills and techniques; and influence of career choice on family and relationships. Emphasis will be placed on personal growth through assessment, career research, goal setting, and decision making.

Lecture Hours: 54.00

Transfer: Transfers to CSU only

GUID 105 Personal & Career Success (3.0 Units)

This intensive course is designed to assist second-year and re-entry students in obtaining the skills and knowledge necessary to identify and reach their personal goals and achieve college and career success. Topics covered include 21st century skills, goal-setting and success, managing life transitions, a holistic approach to health and wellness, human potential, diversity in the world, leadership, and financial awareness. Grade Option.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.00

Transfer: Transfers to both UC/CSU

GUID 107 Learning Strategies and Study Skills (3.0 Units)

This comprehensive course focuses on brain-based learning strategies that develop self-regulatory learning: discovering self-motivation; gaining self-awareness; developing emotional intelligence; employing interdependence; accepting personal responsibility; applying active listening, reading and note-taking; monitoring performance; and developing a growth mindset that believes in self. Students will combine theory and practice to become successful learners and successful college students. Grade Option.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.00; Lecture Hours: 0.00

Transfer: Transfers to both UC/CSU

GUID 128 Special Topics (1-3 Units)

Lecture Hours: 54.00

Transfer: Transfers to CSU only