

Montgomery County Community College  
 COU 121  
 The Psychology of Career Development  
 2-2-0

**CATALOG DESCRIPTION:**

This course is designed to give students practical ideas and methods as well as theoretical concepts for developing career plans and making satisfying vocational decisions. Through a variety of classroom activities, students learn more about themselves, what career fields may help them find fulfillment, and how to enter and progress in these fields.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Assess and describe abilities, interests, values and potential for success as a student and employee.	Complete self-assessments and process results in small group discussions. Visit Student Success Lecture	Written summary of small group experience. Presentation of resources in Student Success. Multiple choice/short essay quiz
2. Identify occupational and educational resources including audiovisual, print, and computer based systems important to identifying potential career pathways.	PPT presentation Group Discussion Lecture	PPT Presentation feedback Participation in Group Discussion Quiz
3. Compare and contrast major career development theories and related decision-making models.	Self-assessment based on a specific theory. Lecture Classroom demonstration of application of one theory.	Classroom presentation Short answer and essay exam Oral and written feedback from classmates

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Apply decision-making, goal setting, problem solving and time management skills to major challenges in personal and professional development.	Complete self-assessment inventories. Summarize application of selected skill to achieving a goal. Class presentation and Discussion Lecture	Quiz Research paper Classroom presentation
5. Assemble relevant information to begin a portfolio and prepare a resume.	Write Table of Contents for what would go into your Portfolio. Write a resume	PPT Presentation
6. Describe learning opportunities relevant to achieving your goals offered at Montgomery County Community College and/or in other settings.	Visit Student Success Study transfer guides for two transfer colleges. Summarize learning opportunities	Essay PPT presentation

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

#### SEQUENCE OF TOPICS

1. Overview of Career/Life Planning
2. Assessing Abilities, Interests and Values
3. Exploring Educational and Occupational Resources On Campus and Off
4. Applying Major Career Development Theories
5. Decision Making Skills
6. Action Plans: How to Create One; Identifying and Achieving Goals
7. Informational Interviewing and Other Networking Skills
8. Developing a Portfolio
9. Writing a Resume
10. Creating and Presenting Your "Future Story"

#### LEARNING MATERIALS:

Required: What Color Is Your Parachute 2015  
Richard N. Bolles  
Ten Speed Press, Berkeley, California

What Color Is Your Parachute Workbook 4<sup>th</sup> Edition  
Richard N. Bolles  
Ten Speed Press, Berkeley, California

Optional (For Job Changers):

How To Find A Job On Linked In, Facebook, Twitter and Google (2012), Brad and Debra Shepp, McGraw Hill

Optional (For Recent High School Grads and Other Teens):

What Color Is Your Parachute For Teens: Discovering Yourself, Defining Your Future (2010) Richard N. Bolles

COURSE APPROVAL:

Prepared by: Sandra Yurkovic

9/98

*Reapproved 12/3/98  
B. Goutard*

Revised by: Mary Lou Whitehill

Date: 5/20/2014

VPAA/Provost or designee Compliance Verification:

Victoria L. Bastecki-Perez, Ed.D.

Date: 5/20/2014

*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*