

## Definition

Human Development courses provide support, encouragement, and instruction for both new and continuing students.

The courses help students increase self-awareness and self-confidence; improve learning skills; and identify and accomplish educational, vocational, and personal goals.

These courses are designed to help students who wish to improve themselves both academically and personally. The courses help develop skills and knowledge that are critical to making a successful transition to the challenges of a college education and assist students in achieving their career and educational goals.

Students returning to school after an interruption in their education find them particularly helpful in adjusting to the college learning environment.

## Staff

To access faculty and staff, dial (661) 722-6300, then the 4-digit extension.

### Program Advisement:

Gary Roggenstein, Dean ext. 6348

### Administrative Assistant:

Rosalind Brown ext. 6946

### Clerical Assistant:

Susan Moody ext. 6987

### Technical Analyst:

Augusto Calderon ext. 6789

### Department Chair:

Luis Echeverría ext. 6124

### Faculty:

Reina Burgos ext. 6739

Dr. De'Nean Coleman-Carew ext. 6624

Yvette Cruzalegui 1559

Carol Eastin ext. 6345

Luis Echeverría ext. 6124

Rosa Fuller ext. 6290

Susan Knapp ext. 6349

Audrey Moore ext. 6047

May Sanicolas ext. 6135

Rodney Schilling ext. 6977

Cynthia Wishka ext. 6849

### Adjunct Faculty:

To access adjunct faculty voice mail, dial (661) 722-6300, then the 4-digit number.

David Suderman V.M.  
2226

## Certificate Program

Certificate not applicable.

## Associate Degree

Associate degree not available.

## Transfer

Not a transfer major.

## Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P". Classes in which the Pass/No Pass option is available are indicated with an asterisk (\*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

## Human Development Courses

### HD 100 \*BASIC STRATEGIES FOR COLLEGE SUCCESS

1.5 units

24 hours total

**Advisory:** Eligibility for ENGL 099 and READ 099.

This is an intensive course designed to teach students the basic skills needed to manage their lives and be successful in college. An orientation to college services, programs, and policies is included, as well as educational counseling. The course also includes the identification of strengths, self-esteem enhancement, time-management, stress-management, study strategies, test-taking strategies, outlining, note taking, goal-setting, money management, instructor relations, assertiveness, and an orientation to the Library and Learning Center. (AVC)

### HD 101 \*COLLEGE AND LIFE MANAGEMENT

3 units

3 hours weekly

**Advisory:** Eligibility for ENGL 101/ENGL 101SL, or concurrent enrollment in ENGL 099, and Eligibility for READ 099.

The ideas and concepts presented will focus on increasing understanding of personal lifestyles and how the college experience, as a learning process, leads to the creation of a successful lifestyle. Emphasis will be placed on raising awareness and assimilating these ideas and concepts into one's everyday habits and routines. This course is designed to explore learning styles and skills (note taking, test taking, organizing and managing resources, reading strategies, memory), health and exercise, communication and relationships, sexuality, stress management, goal setting, and decision making as these topics relate to creating a lifestyle that is personally satisfying and fulfilling. This course will serve our degree seeking students as well as those intent on transferring to a university. (CSU, AVC)

### **HD 102 \*SOLDIER TO SCHOLAR**

*3 units*

*3 hours weekly*

**Advisory:** *Eligibility for ENGL 099 and READ 099.*

The course is for all who have served in a uniformed service, their family members, friends and supporters. Students will learn ways for veterans to adjust to civilian life and to college. The course will present and discuss various campus services and effective strategies useful for college success. These will include, but not be limited to, academic support services, goal setting, note-taking, memory techniques, time and money management, and accessing various service-related benefits. Students will also explore various physical, emotional and psychological reactions to wartime service, whether exposed to combat or not, and how these effect veterans' civilian readjustment. There will be discussions of various coping mechanisms that will enable veterans to reconnect with loved ones and manage stress and anxiety related to the wartime experience. The course will explore the signs and symptoms of Posttraumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST) and identify strategies to manage these symptoms. The course will enable students to identify community resources that may enable readjustment to civilian life. (CSU, AVC)

### **HD 103 \*CAREER PLANNING**

*1.5 units*

*24 hours total*

**Advisory:** *Eligibility for ENGL 099 and READ 099.*

The primary objective of this course is to lead students through a process that will enable them to make satisfying career choices and conduct a successful job search. The course is designed to guide students in a self-exploration and assessment of values, interests, skills, abilities, and personal characteristics relative to career selection and develop the skills to secure a job in their chosen career field. Students will learn self-assessment, decision-making, goal-setting, job search, resume writing and interviewing skills. (AVC)

### **HD 105 \*PERSONAL DEVELOPMENT**

*3 units*

*3 hours weekly*

**Advisory:** *Completion of ENGL 101/ENGL 101SL.*

This course is designed to facilitate personal growth and interpersonal effectiveness, along with increasing understanding of oneself and others. The focus is on self-exploration, learning to make choices, and developing coping strategies to enhance growth and development and maximize satisfaction in everyday life. Active personal involvement, group discussion, and a great deal of self-analysis and introspection will be required. (CSU, AVC)