

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Life/Career Planning

Course Abbreviation and Number: HUM 1550

Credit Hours: 2

Course Type: Lecture

Course Description: Students will increase their understanding of their abilities, strengths, values, needs, interests, and personality as related to planning life and career goals. They will be able to locate and use various sources of occupational, career planning, and educational planning information. Students will identify career goals and objectives as well as action steps to be achieved in reaching their objectives and goals. They will become aware of the importance of a self-empowered attitude in achieving life and career goals.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Students will be aware of a process for career decision-making.
2. Students will understand their interests, values, abilities, limitations, strengths, and how these characteristics integrate with career choice.
3. Students will understand characteristics of work environments, career alternatives and career resources.
4. Students will develop career goals and action planning strategies.

Topics Covered:

- Who am I?
 - Understanding the career decision-making process
 - Understanding indecision
 - Taking responsibility to choose
 - Self-management skills
 - Values
 - Functional skills
 - Interests
 - Needs
 - Personal barriers
- Where can I go?
 - Investigating world of work information via career libraries, computer-aided guidance systems, and informational interviewing with people who work in occupations related to your interests
- Where do I want to go?
 - Decision-making skills
 - Setting goals and objectives
- How do I get there?
 - Action-planning skills
 - Development of an action plan
 - Risk-taking

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021