Human/Career Development

American River College's counseling and guidance classes are designed to help the student in achieving success in college through a variety of classes, which include study skills, exploration of careers, and field experience in the disabled student services program.

HCD 111  College Discovery Program  1 Unit
Formerly: HCD 50
Prerequisite: None
Course Not Transferable UC or CSU
Hours: 18 hours LEC
This course is a review of opportunities and resources relevant to student success at American River College. It will focus on goals and objectives, campus requirements, and skills, techniques, and attitudes compatible with student progress. Examination of student services, instructional area, and campus life. May be taken twice for credit.

HCD 114  Human Potential Seminar  2 Units
Formerly: HCD 53
Prerequisite: None
Course Not Transferable UC or CSU
Hours: 36 hours LEC
This course provides an in-depth examination of techniques to be used in enhancing one's chances for success in college. It is designed to meet the needs of students who are experiencing difficulty in achieving their goals in higher education. It is required for most dismissed students for readmission to the college.

HCD 117  Adult Opportunity Program  1 Unit
Formerly: HCD 56
Prerequisite: None
Course Not Transferable UC or CSU
Hours: 18 hours LEC
This course explores opportunities for adults and assists them with decision making on careers, community service, education and personal enrichment. Includes testing, goal planning and orientation to American River College. Offered on a credit/no credit basis.

HCD 136  Careers and the World of Work  3 Units
Formerly: HCD 63
Prerequisite: None
Course Not Transferable UC or CSU
Hours: 54 hours LEC
This course provides career planning based on the measurement of aptitude, interest, personality traits, values, and skills. It develops strategies for a career campaign, including cover letter/resume writing. It concentrates on the physical and emotional demands of work, the study of work among professional, technical, and laboring groups, as well as large and small companies.

HCD 310  College Success  3 Units
Formerly: HCD 57
Prerequisite: None
Advisory: Eligibility for ENGRD 116 or ESLR 320; ENGRW 102 or 103 or ESLW 320.
Course Transferable to CSU
Hours: 54 hours LEC
This course will cover the skills and knowledge necessary for college success. Topics to be covered include motivation and self discipline, learning styles, memory development, time management, communication skills, goal-setting, study techniques, critical thinking skills, and personal issues that face many college students. Campus resources and college regulations will also be covered. AA/AS area E2

HCD 316  Athletic Seminar  1 Unit
Formerly: HCD 30
Prerequisite: None
Course Transferable to CSU
Hours: 18 hours LEC
This course addresses the concerns and issues of student athletes. Course topics include support services at ARC, educational planning, career planning, study skills, two-year and four-year eligibility rules, recruitment rules, and nutrition.

HCD 318  Transfer: Making It Happen  2 Units
Formerly: HCD 16
Prerequisite: None
Course Transferable to CSU
Hours: 36 hours LEC
This course provides the necessary tools and skills to successfully transfer from a community college to a four-year college or university. In addition, it demonstrates the applications of knowledge from college research, self-analysis, and differentiation between college selection and majors. AA/AS area E2

HCD 330  Life and Career Planning  1 Unit
Formerly: HCD 12
Prerequisite: None
Advisory: ENGRW 51 or ESLW 310 or ESLR 310.
Course Transferable to CSU
Hours: 18 hours LEC
This course is a comprehensive approach to life and career planning based on extensive measurement of aptitude, interests, personality type, values, and skills. Personal and career goals will be formulated using career research and decision-making strategies. Course topics will include changing career trends and job search techniques. AA/AS area E2.
HCD 331  Career and Job Search Strategies  1 Unit
Formerly: HCD 13
Prerequisite: None
Advisory: HCD 330.
Course Transferable to CSU
Hours: 18 hours LEC
This course is designed to assist in the development of research skills in preparation for future employment in a competitive employment market. Topics include researching career fields, setting specific career/educational goals, and examining employment trends. It also includes resume writing, interview skills, and job search strategies. AA/AS area E2.

HCD 336  Exploring Health Careers  1 Unit
Formerly: HCD 17
Prerequisite: None
Course Transferable to CSU
Hours: 18 hours LEC
This course will introduce a wide variety of health-related occupations with particular emphasis on educational programs and career opportunities. Through analysis of interests, personality, and research, an individual college and career plan will be developed. AA/AS area E2

HCD 337  Volunteer Experience in Health Careers  1.5 Units
Formerly: HCD 18
Prerequisite: None
Advisory: ENGWR 102 or 103 or ESLW 320 or ESLL 320, HCD 336.
Course Transferable to CSU
Hours: 9 hours LEC; 54 hours LAB
This course offers an opportunity to obtain a “hands-on” volunteer health career experience. Placement will be in hospitals, dental offices, physical therapy clinics, animal health centers, or other locations utilizing health professionals. May be taken twice for credit.

HCD 380  Specific Learning Skills Assessment  1 Unit
Formerly: HCD 21
Prerequisite: None
Course Transferable to CSU
Hours: 18 hours LEC
This course is designed for the student with special learning difficulties who may have a specific learning disability. Individual assessment of learning strengths and weaknesses will be completed to determine eligibility for Learning Disabilities services using criteria mandated by the California community college system. Offered on a credit/no credit basis only. AA/AS area E2

HCD 382  Specific Learning Strategies  3 Units
Formerly: HCD 22
Prerequisite: None
Course Transferable to CSU
Hours: 54 hours LEC
This course provides learning support related to specific learning disabilities. It will present academic strategies to compensate for learning disabilities in order to provide for success in other college course work. May be taken twice for credit.

HCD 384  Field Experience in Disabled Student Programs and Services  3 Units
Formerly: HCD 11
Prerequisite: None
Advisory: ENGWR 102 or 103 or ESLW 320 or ESLR 320.
Course Transferable to CSU
Hours: 162 hours LAB
This course provides the student with an in-depth understanding, increased knowledge, and direct application of the techniques and skills required to assist disabled students to be successful in the college setting. The majority of course time will be spent providing support services to students with disabilities. Placement will be determined by the instructor. May be taken three times for credit.

HCD 386  Experiences in Disabled Student Programs and Services  .5-3 Units
Formerly: HCD 65
Prerequisite: None
Advisory: ENGWR 102 or 103 or ESLW 320 or ESLL 320.
Course Transferable to CSU
Hours: 27-162 hours LAB
This course allows students an initial opportunity to provide direct, supervised services to disabled college students, thereby assisting in their adaptation to the physical and academic environment of the community college setting. Placement on campus determined by instructor. Course can be entered up to twelfth (12th) week. May be taken for a maximum of nine (9) units.