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
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
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. Course topics include: motivation, goal setting, communication skills, time management, exam preparation, note taking and reading college textbooks. It is required for most dismissed students for readmission to the college.

HCD 115  Orientation to College  .5 Units
Hours: 9 hours LEC
This course is an introduction to college services and programs at American River College. Topics covered include campus resources, procedures and college requirements. Additionally, a campus tour is required.

HCD 122  Study Skills  1 Unit
Same As: INDIS 100
Hours: 18 hours LEC
This course covers specific study skills strategies. It provides the opportunity to analyze attitudes toward studying, and current study skill habits. Topics include specific learning styles, strategies for time management, goal setting, note-taking, memory improvement, reading skills, and how to prepare for, and take exams. This course is not open to students who have completed INDIS 100.

HCD 136  Career Preparation and the World of Work  3 Units
Hours: 54 hours LEC
This course provides career planning based on the assessment of interests, 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 336  Exploring Health Careers  1 Unit
General Education: AA/AS Area III(b)
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.

HCD 337  Volunteer Experience in Health Careers  1.5 Units
Advisory: ENGWR 102 or ENGWR 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
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.

HCD 382  Specific Learning Strategies  3 Units
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
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
Advisory: ENGWR 102 or 103 or ESLW 320 or ESLL 320.
Course Transferable to CSU
Hours: 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.