

## **CAREER AND LIFE PLANNING**

### **CLP 101 CAREER EXPLORATION & PLANNING**

3 Lecture 0 Lab 3 Credit Hours(s)

This course is designed to assist students to better understand and achieve self-direction in choosing a career or a major in college. Emphasis is on self-assessment of interests, values, skills and abilities. Career information, work environment, transfer opportunities and the development of decision-making skills will also be explored. The theory and process of development and career choice will be examined. Discussion, individual and group exercises, computerized assessment and other activities will provide students with an in-depth career planning experience. A final project is required. This course is offered both in the regular class format or as independent study.