

# Bemidji State University

## UNIV 1200: TRIO/SSS Life Career Planning

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Designed to give students an opportunity to use critical thinking skills, group interaction, and assignments and presentations to explore and analyze their values, skills, interests, and career goals. This course enables students to explore areas of interest or to focus on an already established area of interest by providing time to research national and regional employment trends, salaries, and employment outlooks. Key elements of the course include values clarification exercises, ethics on the job, job shadowing, a service learning component, and interest and personality inventories. Several career assessments are administered and analyzed, including ACT Discover, Self-Directed Search (SDS), Myers Briggs Type Indicator (MBTI), and Fundamental Interpersonal Response Orientation-Behavior (FIRO-B). Upon completion of the course, students can describe the process of career development, discuss the role that their values, interests, and abilities play in their career decision making, and focus their academic career toward an area of interest worthy of continued exploration.

**B. COURSE EFFECTIVE DATES:** 05/13/2009 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

None

### D. LEARNING OUTCOMES (General)

None

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted