GUIDANCE

GUID 1  Self-Assessment and Career Development
Units: 3.0  Hours: 3.0 Lecture
Transferable: CSU, UC; CSU-GE:E2; GAV-GE:E2
This course is designed to assist the student in learning more about personal values, personality, interests, exploration of career choice, and occupational opportunities through the use of various personal assessment instruments. The delivery options for this course include online and self-paced formats. This course is also listed as PSYC 5. ADVISORY: Eligible for English 250 and English 260. $12 fee will be charged for career assessment materials.

GUID 6  Life Skills for Higher Education
Units: 2.0  Hours: 2.0 Lecture
Transferable: CSU, UC; CSU-GE:E2; GAV-GE:E2
Evaluation and application of academic study methods to achieve subject matter mastery. Development of critical thinking skills, and application of reading, writing, note taking and test taking methods to improve personal strategies. Exploration of personal lifestyle and health factors, including the causes and management of stress, as it relates to academic success. Assessment of academic and career goals, selection of majors, and development of education plans. Topics covered include creative and realistic goal setting, academic and life management, college and community resources, library and Internet use, time management, and techniques to reduce math and science anxiety. This class will address a multitude of cultural learning styles, with emphasis on attaining professional, personal and academic goals in a diverse society. Topics from developmental psychology, learning theory and personality theory. ADVISORY: Eligible for English 250 and English 260.

GUID 191A  Workplace Skills
Units: 1.0  Hours: 1.0 Lecture
Transferable: CSU
Workplace Skills teaches skills vital to workplace success. The topic for 191A is Interpersonal Communication. Need not be taken in sequence. This is a pass/no pass course.

GUID 191B  Workplace Skills
Units: 1.0  Hours: 1.0 Lecture
Transferable: CSU
Workplace Skills teaches skills vital to workplace success. The topic for 191B is team building. Need not be taken in sequence. This is a pass/no pass course.

GUID 200  Planning College Success
Units: .5 TO 2.0  Hours: .5 TO 2.0 Lecture
Transferable: No; GAV-GE:E2
Course is designed to enable students to plan a successful college experience. Content includes degree, major, graduation and transfer requirements. Skills necessary for academic success are presented and practiced. Students will learn general principles about libraries and the search for information. College support services will be identified and utilized during the course. This is a variable unit course; students will earn .5 unit of credit for every 9 hours of participation.

GUID 500  Supervised Tutoring
Units: .0  Hours: 1.0 TO 5.0 Laboratory
Transferable: No
Laboratory class emphasizing college learning skills, appropriate study techniques, and learning assistance utilizing one-to-one or small group tutorial.

GUID 550  Learning Skills Laboratory
Units: .5  Hours: 1.0 Laboratory
Transferable: No
The Learning Skills Laboratory is designed to assist students who are eligible to receive Learning Disabilities Services, to develop individual educational plans, and to improve the student’s understanding of their own learning strengths and weaknesses. The evaluation is conducted on a one-to-one basis by appointment. Students receive skills training to assist them with their learning difficulties. Units earned in this course do not count toward the associate degree and/or certificate requirements. This is a pass/no pass course.

GUID 557  Learning Skills Evaluation
Units: .5  Hours: 1.0 Laboratory
Transferable: No
This course provides an evaluation of the student’s cognitive/perceptual abilities and basic skills academic achievement. The evaluation results are used to determine the student’s eligibility for Learning Disabilities Services, to develop individual educational plans, and to improve the student’s understanding of their own learning strengths and weaknesses. The evaluation is conducted on a one-to-one basis by appointment. Students receive skills training to assist them with their learning difficulties. Units earned in this course do not count toward the associate degree and/or certificate requirements. This is a pass/no pass course.

GUID 558  Individualized Learning Skills Development
Units: 1.0  Hours: .5 Lecture and 1.5 Laboratory
Transferable: No
This class is designed to teach individual learning skills development to students who are eligible to receive learning disability services. The course content includes organizational skills, fundamental critical thinking and basic college survival skills. ADVISORY: Completion of GUID 557 or demonstrated academic deficit.
GUID 562 Directed Study Lab in Pre-Algebra  
Units: 1.0  Hours: 3.0 Laboratory  
Transferable: No  
This course is designed for students who have demonstrated difficulty in mastering basic mathematics or pre-algebra and who are eligible to receive Learning Disability Services. Course content parallels Mathematics 205A and 205B. Material is presented in a concrete, multi-sensory manner, and the lab allows opportunity for immediate practice, questions, repetition, and review. This is a pass/no pass course. Concurrent enrollment in Math 205A, Math 205B or Math 205 is required.

GUID 563 Directed Study Lab in Algebra  
Units: 1.0  Hours: 3.0 Laboratory  
Transferable: No  
This course is designed for students who have demonstrated difficulty mastering elementary algebra and who are eligible to receive Learning Disability Services. Course content parallels Mathematics 205A and 205B. Material is presented in a concrete, multi-sensory manner, and the lab allows opportunity for immediate practice, questions, repetition, and review. This is a pass/no pass course. Concurrent enrollment in Math 205A, Math 205B or Math 205 is required.

GUID 565 Directed Study Lab in Intermediate Algebra  
Units: 1.0  Hours: 3.0 Laboratory  
Transferable: No  
This course is designed for students who have demonstrated difficulty mastering intermediate algebra and who are eligible to receive Learning Disability Services. Course content parallels Mathematics 233A and 233B. Material is presented in a concrete, multi-sensory manner, and the lab allows opportunity for immediate practice, questions, repetition and review. This is a pass/no pass course. Concurrent enrollment in Math 233A, Math 233B or Math 233 is required.

HE 1 Health Education  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:E2; GAV-GE:E2  
This course focuses on attaining individual awareness, critical-thinking skills and self-responsibility relating to personal health. The interaction of individual physical, psychological, social, emotional, spiritual and environmental factors in determining health status is developed through integration of major concepts. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

HE 2 Human Sexuality  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:E2; GAV-GE:E2, F  
Assists students in gaining increased knowledge, appreciation, and respect for their own sexuality, as well as others. Approved by the Board of Registered Nursing for 54 hours of continuing education credit (Provider #08892). ADVISORY: Eligible for English 250 and English 260.

HIST 1 United States History through Reconstruction  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D6, IGETC:3B, 4F, 7B; GAV-GE:C2, D2; CAN:HIST8, HIST SEQ B  
History of the United States from the time before European contact with the Americas through Reconstruction. Emphasis will be placed on distinctive patterns of political, economic, social, intellectual, and geographic developments within their global context. At the conclusion of the course, the student should understand major themes in the history of the United States, and be able to explain various ways in which ideas about federal vs. state power, ethnicity, class, and gender divisions have influenced the nation’s development. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

HIST 2 United States History Reconstruction to the Present  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D6, IGETC:3B, 4F, 7B; GAV-GE:C2, D2; CAN:HIST10, HIST SEQ B  
History of the United States from Reconstruction to the present. Emphasis will be placed on distinctive patterns of political, economic, social, intellectual, and geographic developments within their global context. At the conclusion of the course, the student should understand major themes in the history of the United States, and be able to explain various ways in which ideas about federal vs. state power, ethnicity, class, and gender divisions have influenced the nation’s development. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 1A.

HIST 3 History of California  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D6, IGETC:3B, 4F; GAV-GE:C2, D2, F  
A study of California’s history from pre-contact with Europeans to the present day. Social, cultural, economic, political and environmental issues will be explored towards an understanding of California’s history. ADVISORY: Eligible for English 1A and English 260.

HIST 4A History of World Societies, Before 1500  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D6, IGETC:3B, 4F; GAV-GE:C2, D2  
A study of major elements in the development of and interactions between world societies, from the first organization of community to the dawn of the Renaissance. Students will comparatively analyze social, cultural, geographic, economic, demographic, technological, environmental, and political developments that moved humans from nomadic to agri-technological and urban lives. This course has the option of a letter grade or pass/no pass. ADVISORY: English 250 and English 260.

HIST 4B History of World Societies 1500 to Present  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D6, IGETC:3B, 4F; GAV-GE:C2, D2  
A study of major elements in the development of and interactions between world societies, from the dawn of the Renaissance to the modern day. Students will comparatively analyze the social, cultural, geographic, economic, demographic, technological, environmental, and political developments that moved humans from the Middle Ages to the modern era. This course has the option of a letter grade or pass/no pass. ADVISORY: English 250 and English 260.

HIST 5 Women’s Lives in Early United States History  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:C2, D4, D6, IGETC:3B, 4F; GAV-GE:C2, D1, D2, F  
This survey course begins with pre-contact peoples and extends to the end of the nineteenth century. The class examines the construction of womanhood through United States history, and the effects of gender, ethnicity, class, and sexual orientation upon women’s experiences. Students will study the contributions of various individual women and groups of women in creating the modern United States, and will analyze social, political, economic, and cultural forces affecting women to both join and resist movements for social change. Students will also learn to apply contemporary feminist theory to traditional historical approaches. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.