

# PERSONAL DEVELOPMENT

Santa Barbara City College offers courses that provide opportunities for students to increase their potential for success, develop leadership competencies, management skills, and evaluate and plan their educational programs.

Personal Development courses at SBCC, allow students to develop and organize their program of courses, co-curricular activities, and use of support services to achieve desired career training, educational goals, life management skills, and leadership skills.

Educational planning and academic skills development opportunities through Student Success, Educational Planning, and College Search courses should be an essential part of every student's college curriculum, while specialized courses provide unique opportunities for leadership development.

All students, particularly those who are undecided or looking for possible new career directions, are urged to take advantage of Career Planning courses, services, and professional guidance provided by the faculty and staff of the Career Center. Career planning courses and services also provide an opportunity to explore, choose, and enter careers and professions.

## Credit Courses Personal Development (PD)

### PD 004 Personal Awareness Group (1 Unit)

Hours: 18 (18 lecture)

Concepts of emotional health and effective interpersonal behavior. Lecture and group discussion will guide students on how to effectively deal with life situations and improve student success.

### PD 100 College Success (3 Units)

Hours: 54 (54 lecture)

Students clarify their educational objectives and develop the skills necessary to reach them. Topics include time management, reading and study skills, goal-setting, career planning, and communication skills.

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

### PD 101B Orientation to College For International Students (0.5 Units)

Hours: 9 (9 lecture)

Provides an overview of the American higher education system as well as an orientation to the college and its student support services. Students learn about cultural patterns and adjustment issues, US classroom culture and college resources that are available to provide ongoing academic support.

Transfer Information: CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

### PD 103 Career Planning (1 Unit)

Skills Advisories: Eligibility for ENG 98 and ENG 103.

Hours: 18 (18 lecture)

Students assess interests, values, skills and personality traits, and learn skills to link up careers and college majors. Topics include career assessment, decision-making, researching careers and majors.

Transfer Information: CSU Transferable

### PD 107 Success Strategies For The Single Parent Student (3 Units)

Hours: 54 (54 lecture)

Designed to empower students to achieve academic and personal success. Strategies and success factors for single parent students. Addresses the need for developing good study habits, time management skills, and support systems. Students learn to identify and understand self-esteem and self-defeating behavior; develop strategies for change; and emphasize attitudes beneficial to achieving optimum academic performance.

Transfer Information: SBCCGE Area 7, CSU Transferable, UC Transferable  
UC Transfer Limit: \* PD 100, PD 101B, PD 107, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

### PD 110 Career Planning And Decision-Making (3 Units)

Skills Advisories: Eligibility for ENG 98 and ENG 103.

Hours: 54 (54 lecture)

Comprehensive approach to career planning. Exploration of interests, personality traits and values through career assessment inventories. Topics include choosing a major, educational planning, value clarification, skills analysis, decision-making and goal-setting. Job search skills include researching occupational information, on-site interviews, interviewing and resume writing.

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

### PD 115 Effective Time Management (1 Unit)

Skills Advisories: ENG 70 or ENG 80.

Hours: 18 (18 lecture)

Students develop the skills necessary to effectively manage their time, develop and set realistic goals, and improve their ability to overcome issues that cause procrastination.

Transfer Information: CSU Transferable

### PD 131 Stress Management and Wellness (3 Units)

Hours: 54 (54 lecture)

Learn about the core concepts of stress, stress reduction and stress management: Social and behavioral theories, assessment of health impacts of stress on individuals, communities, and society. Explore the cultural, sociological, physiological, and psychological sources of stress and well-being during college and across the lifespan.

Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable  
UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

### PD 133 Focus and Attention for Student Success (1 Unit)

Hours: 18 (18 lecture)

Concentration is critical in this digital age of multi-tasking. Stabilizing the mind and re-training it to focus attention and be aware of awareness can lead students towards clearer thinking, enhanced learning, satisfaction, creativity, more sustained balance, and mastery.

### PD 140 College Success For Student Athletes (1 Unit)

Hours: 18 (18 lecture)

Mandatory course for all student-athletes participating in intercollegiate sports for the first time at SBCC. Students learn critical information on athletic eligibility and NCAA transfer requirements, and develop a long-term educational plan. Includes skills necessary for college success: time management, study skills and test-taking strategies.

Transfer Information: SBCCGE Area 7, CSU Transferable, UC Transferable  
UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

**PD 149A Educational Planning for Student Success (1 Unit)**

Hours: 18 (18 lecture)

Introduction to educational planning, leading to the completion of a comprehensive Student Education Plan (SEP). Students learn to incorporate the major design elements of an SEP by utilizing resources and educational planning software to identify educational requirements and appropriately balance a course schedule. Designed for first-time college students and for those who have attended a California community college.

Transfer Information: CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 110, PD 149A and PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

**PD 149B Academic Planning for F1 Visa Students (0.5 Units)**

Hours: 9 (9 lecture)

Introduction to educational planning which leads to the completion of a long-term Student Education Plan (SEP). F1 visa students will learn to incorporate the major design elements of an SEP by utilizing resources that identify educational requirements and appropriately balance a course schedule.

Transfer Information: CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

**PD 191A College Major and Career Options (1 Unit)**

Hours: 18 (18 lecture)

Students will explore compatible college majors and career options by completing a variety of online self-assessment inventories. Examine how individual, family, social, and cultural perspectives influence the college major and career decision-making process. Review strategies for selecting college majors, the purpose and structure of higher education, organizational structures found in employment settings, and education and career success strategies.

Transfer Information: SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: PD 100, PD 101B, PD 110, PD 131, PD 140, PD 149A, PD 149B and PD 191A combined: maximum credit, 3 units.

**PD 191C Education and Career Success (1 Unit)**

Hours: 18 (18 lecture)

Designed for students in the early stages of career development, with an emphasis on the integration and crystallization of students interests, values, aptitudes, and opportunities into a consistent sense of the uniqueness of one's self and one's fit in the educational and vocational world.