

# IS 105 : Career/Life Exploration and Planning

**Credits:** 3

**Class Hours:** 3 lecture

**Description:** The course provides opportunities and resources for students to seek career information related to academic and occupational interest patterns, which form the foundation for sound career decision-making. Students are guided through individual and group exercises that assist in identifying needs, values, wants, interests, and abilities. The purpose of the course is to help students develop a strong foundation for major and career decision planning through career inventories, research on careers, and personal reflections. Framework: This course uses the Pyramid of Information-Processing (Knowing about myself & knowing about my options→Knowing how I make decisions→Thinking about my decision making) and the CASVE Cycle (→Communication→Analysis→Synthesis→Valuing→Execution→) as a framework for career and major exploration.

**Semester Offered:** Fall, Spring

**Course Student Learning Outcomes (CSLOs):**

1. Understand and describe the process of career development.
2. Identify and use campus, community, and technology resources to support major and career exploration.
3. Identify and apply the steps of decision-making to career and major decisions.
4. Integrate the results of self-assessment and career exploration to identify career and educational options.
5. Design and implement an action plan that includes educational and career goals.
6. Identify personality, interests, values, skills, family, cultural, and financial influences that relate to career and educational decisions.