

Counseling (CNS)

CNS 1100 Orientation to College1 Credit Hour

Equivalent: GOR 0100

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

This course promotes a positive start to the college experience by providing opportunities to explore college while discovering and practicing personal strategies for success. Students will gain an understanding of the skills necessary to make a successful transition to college. Students will establish personal and academic goals and become aware of the obstacles that may prevent them from reaching their goals. Students will learn about college life, internal and external resources and develop communication skills that promote success. Campus technology beneficial to the college learner will be explored. BILLABLE CONTACT HOURS: 1

CNS 1120 Enhancing Self-Esteem 2 Credit Hours

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

This course is designed to assist students in improving their self-esteem. Through a series of individual and group experiences, students will have the opportunity to develop an understanding of what self-esteem is and how it is developed, assess their current level of self-esteem, identify thought and behavioral patterns that impact their sense of self-worth, and develop strategies to improve and maintain positive self-esteem. BILLABLE CONTACT HOURS: 2

CNS 1150 Career Planning2 Credit Hours

English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses).

This interactive career planning class will encourage students to explore their abilities, interests, skills, values, and other aspects of self. Emphasis is placed on understanding the career decision-making and goal-setting processes while utilizing current technology for career research and job search skills. In addition to educational planning, students may gain an understanding of how to apply this knowledge in an everchanging world. BILLABLE CONTACT HOURS: 2

CNS 1160 Personal Assertiveness2 Credit Hours

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

This course is designed to demonstrate techniques of direct, honest, and appropriate expression of feelings, opinions, and beliefs. Differences between aggressive, nonassertive, and assertive behaviors will be studied and practiced. Methods of self-expression that encourage direct, honest communication will be studied and practiced. BILLABLE CONTACT HOURS: 2