



## **De Anza College**

*is committed to your academic and personal success. Your enrollment in counseling instructional classes is your first step toward embarking on your journey of higher learning, whether your goal is an A.A./A.S. degree or preparation for transfer to a four-year college.*

### **Do you need help paying for college?**

We can help you secure loans, grants, fee waivers or scholarships for school. Find out if you are eligible at [www.deanza.edu/financialaid](http://www.deanza.edu/financialaid) and check out our online applications! Or e-mail us at [financialaid@deanza.edu](mailto:financialaid@deanza.edu).

*Contact De Anza's Financial Aid & Scholarships Office today!*

The Counseling and Advising Center is open  
Monday - Wednesday 8:30 a.m. - 7 p.m.  
Thursday 8:30 a.m. - 5 p.m.  
Friday 8:30 a.m. - 1 p.m.

Drop-in and online counseling and advising are available, or call 408-864-5400 for an appointment.

[www.deanza.edu/counseling](http://www.deanza.edu/counseling)

We will be located in the new Student & Community Services Center as of fall 2005.



21250 Stevens Creek Boulevard  
Cupertino, CA 95014  
[www.deanza.edu](http://www.deanza.edu)



**DE ANZA COLLEGE**

**Counseling  
Instructional  
Curriculum**



### Counseling Courses

#### **COUN 100: Orientation to College (1/2 unit)**

Learn about De Anza's programs and services, the locations of resources and facilities, and policies and procedures.

### Career Life Planning Courses

#### **CLP 70: Self-Assessment\* (4 units)**

Explore individual values, interests, skills and personality types as they relate to career/life choices. Become familiar with career development software, related technology and develop skills to enhance the job search process. Discover theories in career development and other factors such as social and cultural issues that influence career and lifestyle choices. (CSU-GE)



### Human Development Courses

The Human Development program offers classes that prepare students for a healthy life as well as being degree applicable, general education certificated and academically rigorous. Learn life skills and use the same class to meet requirements for transfer and A.A. degrees.

#### **HUMA 10: Human Sexuality\* (4 units)**

Study the biological, psychological and socio-cultural aspects of human sexuality. Explore values and attitudes and their relationship to behaviors and behavioral changes. Assess cultural mores and current safe sex practices. (CSU/UC-GE) (A.A.-GE)

#### **HUMA 20: Life Skills for Higher Education\* (4 units)**

Identify personal lifestyle, personal learning styles, decision-making strategies, goals and time management within your cultural framework. Discuss issues of intercultural communications while developing memory, note-taking strategies and critical thinking habits within an academic and professional environment. (CSU-GE, UC transferable)



#### **HUMA 50: Understanding and Managing Stress\* (4 units)**

Study stress as the interaction between the individual and the environment viewed from psychological, sociological and physiological perspectives including gender, multicultural and global concerns. (CSU-GE) (A.A.-GE)

#### **HUMA 53: Peer Advising\* (3 units)**

Study the dimensions of peer roles, foundations of attending and intervention skills, information giving and appropriate referral procedures.

#### **HUMA 56: Mind Over Math\* (4 units)**

Basic concepts in psychology are used to foster the student's understanding of his/her lifestyle as it relates to math avoidance and the development of strategies and skills that lead to mind over math.

*\*California State University transferable*

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