Bemidji State University

UNIV 1200: TRIO/SSS Life Career Planning

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None

MnTC Goals: Goal 09 - Ethical/Civic Resp

Life Career Planning is designed to give students an opportunity to use critical thinking skills, group interaction, assignments, and presentations to explore and analyze their values, skills, interests, and career goals. This course introduces students to national and regional employment trends, expected salaries and cost-of-living indexes, and enables students to focus on employment outlooks for their areas of interest. Key elements of the course include values clarification exercises, ethics on the job, interviews with people in career goal areas, an introduction to citizenry through community service, and group discussions regarding interest and personality inventories. Several career assessments are administered and analyzed, including FOCUS, Clifton Strengths, Myers Briggs Type Indicator (MBTI), and Fundamental Interpersonal Response Orientation-Behavior (FIRO-B). Upon completion of the course, students will be able to describe the process of career development, discuss the role that their values, interests, and abilities play in their career decision making, and focus their academic career toward an area of interest worthy of continued exploration. [Core Curriculum Goal Area(s) 9]

Must be TRIO eligible. Permission Required.
After 11/20/2023 at noon, all students may register for this course if seats are available.

B. COURSE EFFECTIVE DATES: 05/13/2009 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. 1) Getting to know self, values, and strengths.
   - Goals/Types
   - Skills/Interests
   - Strengths
   - Reflection on values through a presentation

2. 2) Assessments and Possible Career Connections.
   - Assessments
   - Soft and Hard Skills
   - Skill Gaps
   - Degrees, Goals and Possibilities

3. 3) Salaries, Cost of Living, and how to get ready for a job.
   - Networking
   - Social Media and Job Search
   - Resumes
   - Interviews
   - Negotiations
D. LEARNING OUTCOMES (General)

1. examine goal setting using SMART goals and Stretch goal framework.
2. interpret individual results from course assessments regarding values and career direction/goals.
3. explain the process of career development and self-identify a career path based on examination of their own values through multiple value clarification exercises.
4. demonstrate an understanding of their own values, interests and abilities while learning and analyzing the role that their values play in their career decision-making and in their future roles as citizens within a community.
5. define, understand, and present their own unique strengths as identified through the Clifton Strengths assessment.
6. build a working resume that can be expanded upon throughout their tenure at BSU.
7. demonstrate a basic knowledge of their current financial situation and create a budget to use while in school.
8. create a budget to use after graduation that incorporates expected salary projections, cost of living estimates, and all accumulated debt.
9. understand and articulate the role community service plays within a community.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

Goal 09 - Ethical/Civic Resp

1. Examine, articulate, and apply their own ethical views.
2. Understand and apply core concepts (e.g. politics, rights and obligations, justice, liberty) to specific issues.
3. Identify ways to exercise the rights and responsibilities of citizenship.

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted