

# Minnesota State University Moorhead

## UNIV 131: Career/Life Planning

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is intended to help students assess their values, interests, skills, and temperament and relate them to career choices. Through self-assessment and career information research, the student will be able to identify a broad base of career options and describe a variety of career goals. Students will acquire tools with which to make decisions and plans regarding major and future career choice.

**B. COURSE EFFECTIVE DATES:** 02/17/2013 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Apply decision-making and goal-setting strategies to develop a plan to explore potential major(s).
2. Identify potential career options through self-assessment and research.
3. Identify strategies to assess their values, skills, interests and personality preferences.
4. Utilize resources to research majors and careers.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted