

# STUDENT DEVELOPMENT (SDC)

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**SDC 100 (1 credit hours)****College Survival Seminar**

This course is designed to introduce new students to college in order to facilitate a successful college experience. Students will discover campus resources and support services available to them. Students will be introduced to career and life planning, study strategies, coping skills (i.e., stress management, interpersonal relationships), team projects, activities aimed at self discovery, and issues that impact college campuses and our global society that are important to the development of the modern college student. Lecture: 1 credit (15 contact hours).

**Attributes:** Other, Enrichment 1st Year Experience

**Components:** LEC: Lecture

**SDC 102 (1 credit hours)****Stress Management**

Students will review various physiological and psychological approaches to stress with an emphasis on creating an awareness of how to change and manage their responses to stressful situations. Options and appropriate exercises for coping with anxiety will be presented. Topics will include time management, cognitive restructuring, health, wellness and relaxation training. Lecture: 1 credit (15 contact hours).

**Attributes:** Other, Enrichment Course Other

**Components:** LEC: Lecture

**SDC 104 (1 credit hours)****Transfer Planning**

Increases knowledge, personal awareness, and self-efficacy related to the transfer process after completion of a two year degree. Provides information, decision-making tools, transition skills, and support to navigate the transfer process, and concluding with an individualized transfer plan to ensure successful matriculation to a four-year institution. Lecture: 1 credit (15 contact hours).

**Attributes:** Non-remedial, Other, Technical

**Components:** LEC: Lecture

**SDC 105 (1 credit hours)****Career Planning Seminar**

Students will become more knowledgeable about themselves and career options. Self-assessments and vocational inventories measuring interests, work values, skills and abilities will be administered to students. Students will learn how to research careers, career alternatives and employment trends. Topics will include goal setting, decision-making and employability skills. Students will complete a personal career plan at the conclusion of the course. Lecture: 1 credit (15 contact hours).

**Attributes:** Enrichment Career Counseling, Technical

**Components:** LEC: Lecture