CI 197    Construction Inspection Topics (5-3)
Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Transfer acceptability: CSU
Topics in Construction Inspection. May be repeated with new subject matter. See Class Schedule for specific topic offered. Course title will designate subject covered.

Cooperative Education (CE)

Contact the Cooperation Education Department for further information.
(760) 744-1150, ext. 2354
Office: ST-54

In accordance with Board Policy 4103:

COURSE OFFERINGS
Students may earn a maximum of 16 units in Cooperative Education (CE) in any combination of CE 100 or CE 150, not exceeding 8 units per semester. CE 110 is not repeatable.

STUDENT QUALIFICATIONS: In order to participate in cooperative work experience education students shall meet the following requirements:

1. Be a legally indentured or a certified apprentice, an intern, volunteer, or a paid employee.
   AND
2. Have approval of the Cooperative Work Experience Education academic personnel.
   AND
3. Pursue a planned program of cooperative work experience education which, in the opinion of the Coordinator, includes new or expanded responsibilities or learning opportunities beyond those experienced during the previous employment.
   AND
4. Attend orientation(s) at the beginning of the semester.

The number of units received each semester for on the job experience will be based on the total number of hours worked each semester or summer session as follows:

1 unit - 75 paid hours per semester or session; 60 volunteer hours
2 units - 150 paid hours per semester or session; 120 volunteer hours
3 units - 225 paid hours per semester or session; 180 volunteer hours
4 units - 300 paid hours per semester or session; 240 volunteer hours

CE 100    Cooperative Education (1,2,3,4)
1, 2, 3, or 4 hours lecture
Transfer acceptability: CSU
Supervised on the job training for all occupational students.
Note: The Occupational Cooperative Work Experience Program is designed to coordinate on the job training and classroom instruction. Supervised employment is related to the occupational goal of the individual student. Employment may be on or off campus; the student may or may not receive pay, depending on where the work is performed.

CE 110    Cooperative Work Experience-General (2,3)
2 or 3 hours lecture
Transfer acceptability: CSU
Supervised on the job training for all students.
Note: The General Cooperative Work Experience Education Program is designed to give job information and experience to those students employed in jobs not related to coursework in school. Employment may be on or off campus; the student may or may not receive pay depending on where the work is performed.

CE 150    Cooperative Education Internship (2,3)
10 or 15 hours laboratory
Transfer acceptability: CSU
Students learn major-specific knowledge and skills at an internship site that will enhance employment. Students design and complete an internship project in consultation with their internship advisor and job site supervisor.

Counseling (COUN)

See also Disability Resource
Contact the Counseling Department for further information.
(760) 744-1150, ext. 2179
Office: SSC-18A

COURSE OFFERINGS

Courses numbered under 50 are non-degree courses.
Courses numbered under 100 are not intended for transfer credit.

COUN 45    Basic Study Skills (1)
1 hour lecture
Note: Open entry/Open exit; Pass/No Pass grading only
Non-degree Applicable
Study improvement techniques, time management techniques, memory and note taking skills, and test taking methods.

COUN 48    Overcoming Test Anxiety (1)
1 hour lecture
Note: Open entry/Open exit; Pass/No Pass grading only
Non-degree Applicable
Provides instruction in understanding the sources of test anxiety and the techniques for overcoming it.

COUN 49    Introduction to Financial and Academic Resources (.5)
½ hour lecture
Note: Pass/No Pass grading only
Non-degree Applicable
Survey of financial and supportive resources available to students including part-time employment. The course content includes an overview of financial aid programs and eligibility requirements, campus support programs, community support services, money management, and educational planning. This course may be used to fulfill the financial aid orientation requirement.

COUN 100    Introduction to Basic Counseling Skills (3)
3 hours lecture
Transfer acceptability: CSU
An introduction to the principles and practices of counseling and interviewing. A systematic development of the basic skills essential for effective counseling. Combines informal lecture, videotapes, and role playing interactions. Practicum experience will be required.

COUN 101    Transfer Success (1)
1 hour lecture
Note: Pass/No Pass grading only
Transfer acceptability: CSU; UC
Provides the necessary strategies for academic success and the research skills essential for developing a comprehensive transfer plan. Topics will include the transfer process, major selection, student support services, evaluating universities, and clarifying educational goals.

COUN 110    College Success (3)
3 hours lecture
Transfer acceptability: CSU; UC
Provides students with the skills and knowledge necessary to reach their educational goals. Topics include academic learning strategies, college and life skills, diversity awareness and assessment of personal characteristics related to educational success. The role of race, ethnicity, gender, class, sexual orientation and age in higher education and personal identity is a central theme of the course.
COUN 115 Career/Life Planning (3)
3 hour lecture
Note: May be offered on educational television
Transfer acceptability: CSU
A course designed to motivate the student to take responsibility for the management of his/her life, recognizing the values of planning as a means of coping with uncertainty, and relating work effectively to one's own life.

COUN 120 Quest for Identity and Life Skills (3)
3 hour lecture
Transfer acceptability: CSU
An exploration of the dynamics involved in the development of the individual who is in search of identity and self-discovery. An examination of one's value and belief system will be studied and compared and contrasted with other American subcultures. Emphasis will also be placed on the role of cultural traditions and practices as well as a set of life skills that will serve to empower one's identity and understanding of self within a multicultural society. Examples of life skills include coping with the physiological effects of stress and anxiety, communicating effectively with multicultural groups, goal setting, emotional development, problem solving, critical thinking skills, and self-esteem.

COUN 148 Managing Stress and Well-Being (3)
3 hour lecture
Transfer acceptability: CSU
Investigates the sociological, physiological, and psychological sources of stress and well-being across the lifespan. An examination of how the mind-body relationship is affected by personality, thoughts, life events, and messages received from one's culture, family, and society will be studied. Students learn mindfulness and stress reduction techniques that resolve stress and anxiety and promote well-being physically, energetically, emotionally, cognitively, socially, and behaviorally.

COUN 165 Career Search (1)
1 hour lecture
Note: May be open entry/open exit; Pass/No Pass grading only
Transfer acceptability: CSU
Designed to assist students in selecting a career goal. This will be accomplished by identifying the students' career interests, personality type, work values, and transferable skills as they relate to occupations.

COUN 170 Major Search (1)
1 hour lecture
Note: May be open entry/open exit; Pass/No Pass grading only
Transfer acceptability: CSU
This course is designed to assist students to select a major goal and create an educational plan. This will be done by identifying academic interests and through researching career options.

COUN 197 Counseling Topics (.5 - 4)
Units awarded in topics courses are dependent upon the number of hours required of the student; any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Note: Pass/No Pass grading only
Transfer acceptability: CSU
Topics in Counseling. See Class Schedule for specific topic covered. Course title will designate subject covered.

Dance (DNCE)
Contact the Performing Arts Department for further information.
(760) 744-1150, ext. 2316
Office: PAC-112

Associate in Arts Degrees -
AA Degree requirements are listed in Section 6 (green pages).
• Dance - Emphasis in Euro-Western Dance
• Dance - Emphasis in General Dance
• Dance - Emphasis in World Dance

Certificates of Achievement -
Certificate of Achievement requirements are listed in Section 6 (green pages).
• Dance - Emphasis in Euro-Western Dance
• Dance - Emphasis in General Dance
• Dance - Emphasis in World Dance

Dance - Emphasis in Euro-Western Dance
This Euro-Western Dance Program prepares the student for employment in the field of dance and dance-related professions. Both the degree and the certificate provide students with the basic skills necessary for involvement in community dance activities, such as teaching in recreation centers, YMCA's or YWCA's, private studios; or performing or choreographing for community events. This degree and certificate also prepares dancers for the entertainment industry such as theme park (Disney Knotts Berry Farm, Legoland, SeaWorld, Wild Animal Park), MTV and a range for professional theatrical dance opportunities. Transfer students should consult the four-year college or university catalog for specific requirements or see a Palomar College counselor.

A.A. Degree Major or Certificate of Achievement

Program Requirements
DNCE 105 Introduction to Dance History 3
DNCE 140 Dance Improvisation I 1
DNCE 141 Dance Improvisation II 1
DNCE 145 Choreography I 3
DNCE 146 Choreography II 3
DNCE 165 Production Management 2
DNCE 225 Contemporary Dance Ensemble I 1
DNCE 226 Contemporary Dance Ensemble II 1
DNCE 280 Student Choreography Production I 2
DNCE 285 Student Choreography Production II 2

Group I Electives - Ballet/Pointe (Select two courses)
DNCE 115 Ballet I 1
DNCE 116 Ballet II 1
DNCE 210 Ballet III 1
DNCE 211 Ballet IV 1
DNCE 117 Pointe I 1
DNCE 118 Pointe II 1
DNCE 217 Pointe III 1
DNCE 218 Pointe IV 1

Group II Electives - Modern (Select two courses)
DNCE 110 Modern Dance I 1
DNCE 111 Modern Dance II 1
DNCE 205 Modern Dance III 1
DNCE 206 Modern Dance IV 1

Group III Electives - Jazz or Tap (Select two courses)
DNCE 120 Jazz Technique I 1
DNCE 121 Jazz Technique II 1
DNCE 215 Jazz Technique III 1
DNCE 216 Jazz Technique IV 1
DNCE 130 Tap I 1
DNCE 131 Tap II 1
DNCE 230 Tap III 1
DNCE 231 Tap IV 1

Group IV Electives - Production and Ensemble (Select two courses)
DNCE 270 Contemporary Ballet Production I .5 - 1
DNCE 271 Classical Ballet Production I .5 - 1
DNCE 272 Contemporary Ballet Production II .5 - 1
DNCE 273 Modern Dance Production I .5 - 1
DNCE 274 Contemporary Modern Dance Production I .5 - 1

See Catalog addendum at http://www.palomar.edu/catalog