

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMART
SDV 107 – CAREER EDUCATION (2 CR.)**

Course Description

Surveys career options available to students. Stresses career development and assists in the understanding of self in the world of work. Assists students in applying decision-making to career choice. Lecture 2 hours per week.

General Course Purpose

The purpose of this course is to expand the student's awareness of career options and the career development process throughout the life span.

Course Prerequisites/Co-requisites

None

Course Objectives

Upon completion of this course the student should be able to:

- Identify major work values, skills and abilities, interests, personal values, self-esteem builders, and lifestyle considerations.
- Demonstrate the ability to use informational interviewing techniques in the career exploration process.
- Describe career-planning resources from the college, community and Internet.
- Formulate goals for decision-making, career and life planning.
- Develop an increasingly positive attitude toward self concept and the career process.
- Access career material/job information sites through the Internet.

Major Topics to be Covered

- Self assessment
- Work environments
- Available resources
- Job seeking skills
- Decision making skills