

COUNSELING (CNSL)

CNSL 1 • COLLEGE SUCCESS

Units:	3
Hours:	3 lecture per week (36 total per quarter)
Advisory:	Maximum UC credit awarded for completion of CNSL 1 and CNSL 5 is 4.5 quarter units.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Examination of factors that contribute to college success, including responsibility/control; competition; task-precision; expectations; wellness; time management; college involvement; family/support systems involvement. Activities include: testing and individualized evaluations; group processing and practicum.

CNSL 3 • IDENTITY, CULTURE & EDUCATION

Units:	4.5
Hours:	4.5 lecture per week (54 total per quarter)
Advisory:	Not open to students with credit in CNSL 3H.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VI: United States Cultures & Communities, Area IV: Social & Behavioral Sciences
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Examination of psycho-social issues and the development of individual identities to advance learning in American communities of color. Using race, culture and education as a frame of reference, issues of inequality and social justice are explored to discover their influence on personal development, learning, and agency.

CNSL 3H • HONORS IDENTITY, CULTURE & EDUCATION

Units:	4.5
Hours:	4.5 lecture per week (54 total per quarter)
Advisory:	Not open to students with credit in CNSL 3.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VI: United States Cultures & Communities, Area IV: Social & Behavioral Sciences
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

The honors course offers a challenging intellectual environment examining psycho-social issues and the development of individual identities to advance learning in American communities of color. Using race, culture and education as a frame of reference, issues of inequality and social justice are explored to discover their influence on personal development, learning, and agency. As an honors course, it is a seminar with advanced teaching methods focusing on Freirean praxis, major writing, reading, and research assignments, student class lectures, group discussions and interactions.

CNSL 5 • INTRODUCTION TO COLLEGE

Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	ESLL 236 & 237; maximum UC credit awarded for completion of CNSL 1 and CNSL 5 is 4.5 quarter units; not open to students with credit in CNSL 50.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Introduction to Foothill College academic policies, resources, programs and services; tools for career exploration, determination and decision making; choosing the right classes based on career/academic goals, the transfer process; study skills; time management and formulation of computer based educational plans.

CNSL 6 • EXPLORING LEADERSHIP

Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249; not open to students with credit in CNSL 61.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable
Formerly:	CNSL 61

Explores concepts of leadership theory with direct applications for leading organizations and creating positive social change. The intent is to provide students with a foundational understanding of the knowledge and skills needed to be an effective leader. This course utilizes experiential activities and group projects as a primary method for applying theories and concepts to the everyday practice of leadership. In this course, leadership is understood primarily as a function of personal development with the intention to create transformational change in one's community.

CNSL 8 • TRANSFER READINESS

Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	One of the following: ENGL 1A, 1AH, or 1S & 1T; not open to students with credit in CNSL 8H, 85A, or 85H.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Provides a global perspective about the transfer process from a California community college to a four-year university, including transfer exploration, transfer policies, academic requirements, transfer planning and process, and available tools and services in support of transfer goals. Students have the opportunity to broaden their perspectives by examining the role of higher education in society. Guides students to examine their life plan and achievements, and to develop a strong personal statement. Students will complete a university cost analysis, as well as explore resources to help fund their education.

CNSL 8H • HONORS TRANSFER READINESS

Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	One of the following: ENGL 1A, 1AH, or 1S & 1T; not open to students with credit in CNSL 8, 85A, or 85H.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Provides a global perspective about the transfer process from a California community college to a four-year university, including transfer exploration, transfer policies, academic requirements, transfer planning and process, and available tools and services in support of transfer goals. Students have the opportunity to broaden their perspectives by examining the role of higher education in society. Guides students to examine their life plan and achievements, and to develop a strong personal statement. Students will complete a university cost analysis, as well as explore resources to help fund their education. This honors course includes digging deeper into the pedagogy of higher education, exploring additional highly selective colleges and universities, and requires application of higher-level critical thinking, reading and writing skills.

CNSL 52 • COLLEGE & LIFE MANAGEMENT

Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	Not open to students with credit in CNSL 2.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Examination of psycho-social and wellness issues related to personal and academic success. Explores theories and practice for effective goal-setting, communication, health and wellness, learning and social growth.

CNSL 56 • LIFELONG LEARNING STRATEGIES

Units:	3
Hours:	3 lecture per week (36 total per quarter)
Advisory:	Not open to students with credit in CRLP 55.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable
Formerly:	CRLP 55

Interactive, applied course to teach learning strategies and skills necessary to successfully reach educational, career and personal objectives. Topics include time management, memory techniques, study reading, note taking, test preparation, other learning strategies and the techniques to apply them in college and throughout life.

CNSL 72 • STRESS, WELLNESS & COPING

Units:	3
Hours:	3 lecture per week (36 total per quarter)
Advisory:	Not open to students with credit in SPED 72.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Explore and become familiar with symptoms of stress, depression, and anxiety. Examine the social and psychological factors that contribute to these problems and the patterns of behavior which result. Learn, practice, and understand effective coping strategies to promote self-awareness, personal wellness, and academic success. Emphasis placed on mental health and application of self-help skills.

CNSL 86 • INTRODUCTION TO LEADERSHIP

Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Introduction to the dynamics of working groups and the impact of leadership on the effectiveness of groups; examination of the linkage between concepts and theories of leadership to the everyday functioning of student organizations.

CNSL 87 • LEADERSHIP: THEORIES & PRACTICES

Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Further exploration of leadership application to the everyday functioning of student organizations; understand the role played by structure and governance models in organizational effectiveness. Understand and apply the concepts of team building and communication in groups. Advanced development of leadership goals and application of group goal setting strategies. Affiliation with student government or other campus leadership position required.

CNSL 88 • LEADERSHIP: THEORIES, STYLES & REALITIES

Units: 1
Hours: 1 lecture per week (12 total per quarter)
Advisory: Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Non-GE

Transferable: CSU

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Continued development and further study in the dynamics of working groups with a focus on community advocacy, leadership ethics training, and program planning.

CNSL 89 • ADVANCED LEADERSHIP REALITIES

Units: 1
Hours: 1 lecture per week (12 total per quarter)
Advisory: Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Non-GE

Transferable: CSU

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Advanced study in the dynamics of working groups and the impact of leadership on the effectiveness of groups; advanced practical application of group and individual leadership techniques.

CNSL 90 • INTRODUCTION TO ONLINE LEARNING

Units: 1.5
Hours: 1 lecture, 1.5 laboratory per week (30 total per quarter)
Advisory: Familiarity with the internet; demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Concepts, tools and techniques for success in online learning. Through self-assessment, online interaction, and use of the various tools and resources of the internet, the student will develop an understanding of the skills needed to be successful when engaging in online instruction.

CNSL 275 • EOPS: THE ROAD TO COLLEGE SUCCESS-MORE THAN JUST BOOKS

Units: 1
Hours: 1 lecture per week (12 total per quarter)
Advisory: Not open to students with credit in CNSL 175.

Degree and Credit Non-Degree-Applicable Credit Course

Status:

Foothill GE: Non-GE

Transferable: None

Grade Type: Pass/No Pass Only

Repeatability: Not Repeatable

Course will introduce EOPS/CARE students to various EOPS services, policies and requirements governing programs. Course encourages collaborative learning, educational attainment, promotes student retention, persistence, success. Topics included: financial aid/scholarship applications, identifying campus resources, budgeting and managing money, cultural identity and experiences, goal-setting, self-esteem, career options, managing time.