



**CURRICULUM GUIDE
2019-2020**

PERSONAL DEVELOPMENT STUDIES

Certificate of Achievement in Personal Development Studies

The Certificate in Achievement in Personal Development Studies is designed to prepare students for studying Anthropology, Human Services, Psychology, Liberal Studies and Teaching, and Social Services/Sociology. Personal Development Studies offers more than career-specific preparation; it teaches students to utilize critical thinking skills to analyze problems, strategize solutions, and lead an effective and productive life. This program also creates focused exposure to diverse cultural and relational consideration. Students will consult with a counselor when planning to complete the certificate, and will gain information about university admissions and transfer requirements.

Counselors will assist students in developing a Student Education Plan that will prepare them to achieve their academic goals.

Requirements for Certificate of Achievement:

- a) Complete Major Field courses.
- b) Complete at least six units at Ohlone College.
- c) Maintain a 2.0 grade point average in Major Field courses.

Student Learning Outcomes

1. Acquire the skills necessary for career exploration and/or university transfer success through personal development and self-management skills.
2. Demonstrate personal development skills to better understand, recognize, and appreciate personal, social, multicultural, and diversity issues for future jobs and careers.
3. Develop personal awareness, growth, and relational enrichment through the practical application of critical analysis and successful communication techniques and soft skills. Students will be able to effectively utilize problem solving and decision making skills.

MAJOR FIELD

MATH-159	Introduction to Statistics	5
PD-103	Transfer Success in Life Transitions OR	3
PD-105	College Success	(3)
PSY-101	General Psychology	3
SOC-101	Introduction to Sociology	<u>3</u>
		14

Complete a minimum of four units from the following self-assessment/self-reflection courses. Courses cannot be double-counted with Major Field courses above.

LS-101	Steps to Successful Research	1
PD-103	Transfer Success in Life Transitions	3
PD-105	College Success	3
PD-113	Strategies for Succeeding in College	2
PD-150	Career and Life Planning	2
PD-241	College Success for Athletes	<u>2</u>
		4- 5

Total Required Units: 18-19