



# CDEV 130



## Career Development

**This 3 credit hour course is offered in two formats: traditional full semester and online. While students are free to choose the format they prefer, the following guidelines will help you choose what format is best for you.**

**CDEV 130: Regular sections.** This is the best choice for students who need more help with career decision making. Truly indecisive students need the structure and attention provided by an instructor in a regular classroom setting. Students may exhibit such characteristics as a high level of anxiety about career choice, lack of knowledge about self and careers, and lack of confidence in ability to make career decisions.

**CDEV 130: Online sections.** There are many students who may be better served by the opportunity to participate in a self-paced independent study career development process. This course allows students to do career planning at their own pace. It includes individual conferences with a career counselor as well as selected activities which are completed online. It is, like the regular sections, a three semester hour transfer level course.

### Course Description:

This class assists the student in examining the components of career choice. The focus is on career awareness, personal awareness, and educational awareness as they relate to the progress of career choice. Planning skills and self-assessment instrument will help identify career options. Decision-making strategies, resume writing, interviewing skills, and job search techniques covered.

#### Strong Interest Inventory (SII)

The Strong Interest Inventory (SII) is based on the idea that individuals are more satisfied and productive when they work in jobs or at tasks that they find interesting and when they work with people whose interests are similar to their own. The SII measures your interests in a wide range of occupations, occupational activities, hobbies, leisure activities and types of people. Your interests are compared to thousands of individuals who report being happy and successful in their jobs

#### Myers-Briggs Type Indicator (MBTI) textbook version

The Myers-Briggs Type Indicator (MBTI) is a self report questionnaire designed to make psychological types (normal personality differences) understandable and useful in our everyday life. Every one of us has a set of preferences by which we live. There is no right or wrong to these preferences. The MBTI is a tool that can be utilized to identify and understand your own preferences and discover how they apply to a career decision. The MBTI will also help you to identify your strengths and unique gifts. You can use the information to better understand yourself, your motivations, your strengths, and potential areas of growth. It will also help you to better understand and appreciate those who differ from you.

**For more information on this 3 credit hour course contact**

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**To enroll contact the enrollment center @ 618-468-222 or**

**1-800-500-LCCC or [www.lc.edu](http://www.lc.edu)**