

2. Plan your career, major, or educational goal

- ➔ [Transfer/Career Center](#)
- ➔ [Counseling Center](#)
- ❗ Other support services (www.sdcity.edu/titleV/resources.asp)
- ❓ For questions or comments about student referrals, please contact Title V Program (cityt5@sdccd.edu)

⬇ Detailed information for student referral

➔ **Transfer/Career Center**

Transfer Resources

- Learn about transfer
- Choose a major
- Choose a transfer university
- Transfer guarantee programs
- Transfer dates & deadlines
- Contact a transfer university
- Transfer coursework requirements
- Apply for admission
- Apply for financial aid
- Apply for scholarships

Career Resources

- Career assessment/exploration
- Research occupations
- Learn about training programs
- Research potential employers
- Find an internship
- Search for jobs
- Create a resume
- Create a cover letter
- Prepare to interview
- Choose between job offers
- Enroll in Work Experience

Contact

Phone: (619) 388-3722

Room: A-111

Website: www.sdcity.edu/transfer



2. Plan your career, major, or educational goal – *Did you know?* (continued)



Counseling Center

Career Exploration vs. Counseling

- Career exploration is recommended for students prior to visiting the Counseling Center
- The Transfer/Career Center can assist students with career exploration
- The Counseling Center offers academic, career and personal counseling

Academic Counseling – *provided for the following areas:*

1. Certificate Programs

- Certificate of Completion
 - Designed to prepare students for employment, job enhancement and/or job advancement
 - Typically requires completion of 3 to 17 units
- Certificate of Achievement
 - Designed for students with specific personal or occupational goals
 - Requires completion of 18 or more units
- Sources for detailed information
 - Catalog (paper): Available for viewing in the Counseling Center and available for purchase in the bookstore
 - Catalog (online): www.communitycollege.net/catalogs/city
 - List of certificates (online): www.sdcity.edu/degrees

2. Associate Degrees – *Science and Arts Degrees*

- Associate in Science degrees are awarded in engineering, physical sciences, biological sciences and occupational disciplines
- Associate in Arts degrees are awarded in the social sciences, humanities, the arts and related disciplines
- Associate degrees require completion of a minimum of 60 units, including:
 1. Major Requirements (*minimum 18 units*)
 2. General Education Requirements (*minimum 18 units*)
 3. District Requirements (*not required for Transfer Studies degrees*)
 4. Elective Credits (*if needed*)
- Sources for detailed information
 - Catalog (paper): Available for viewing in the Counseling Center and available for purchase in the bookstore
 - Catalog (online): www.communitycollege.net/catalogs/city
 - 60 unit degree breakdown (online): www.sdcity.edu/degrees/associate_degree.asp
 - List of degrees (online): www.sdcity.edu/degrees

3. Transfer Planning

- **Important:** Developing a plan for successful transfer to a 4-year institution requires an awareness of available resources and understanding of key information, especially transfer requirements, deadlines, articulation agreements and special requirements.

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- Articulation agreements* are available to meet transfer requirements in the following areas:
 - lower division general education
 - major preparation
 - transferable electives
- * Articulation agreements identify the City College courses that will transfer for credit at the college or university of choice
- Lower Division General Education Plans for Transfer
 - IGETC: Intersegmental General Education Transfer Curriculum
 - CSUGEB: Certification of General Education Breadth Requirements for any California State University
 - UCSD-TAG: Transfer Admission Guarantee to the University of California at San Diego ONLY
 - See Counseling Center for other transfer plans
- Available Transfer Workshops:
 - How to Transfer
 - Transfer Course Planning
 - CSU/UC Application
 - UCSD TAG
 - and more
- Available online resources
 - Transfer/Career Center: www.sdccity.edu/transfer/Navigation/transfmenu.asp
 - Assist: www.assist.org
 - CSU Mentor: www.csumentor.edu
 - UC Pathways: www.ucop.edu/pathways

Career Counseling

- Career counseling is very important in helping students to identify career paths that are appropriate to their interests, values and personality
- Note:** Students, who are undecided about a career or major and/or need assistance setting an academic goal, should seek career counseling
- Career exploration - students are advised to complete the following steps in the Transfer/Career Center (Room A-111) prior to having a career counseling appointment:
 1. Take a skills personality test. *Career exploration is a multi-step process that starts with a self-assessment of a student's strongest interests, skills and values.*
 2. Use the DISCOVER software program to review occupations that best match a student's interests.
 3. Use available resources to determine employment opportunities for the occupations of interest.

Personal Counseling

2. Plan your career, major, or educational goal – *Did you know?* (continued)

- FREE Personal Counseling services are provided to assist students in dealing with personal concerns that might interfere with their academic performance at City College
- Personal Counseling services assist students with:
 - Self-evaluation
 - Goal-setting
 - Stress management
 - Decision making
 - Personal adjustment
- **Important:** Personal Counseling is provided in a safe and confidential atmosphere where students have an opportunity to talk about their individual concerns
- When appropriate, a student may be referred to other campus and community services for financial, medical or personal support. See “4. Financial, Medical and Personal Support” (www.sdcity.edu/titleV/resources.asp)

How to Access Counseling Services

- Counseling services are offered on a “walk-in” basis and by appointment
- “Walk-in” counseling provides an opportunity to see a counselor for quick questions that can be answered in less than 10 minutes
 - “Walk-in” counseling is offered during the Counseling Center’s hours of operation. Contact the Counseling Center for specific hours.
 - No appointment is needed for “walk-in” counseling
- 1-hour counseling appointments are offered for comprehensive services involving academic, career and personal counseling. Contact the Counseling Center for available appointments. 1-hour appointments are recommended for the following services:
 - Creating a student’s first education plan
 - Detailed review of an existing education plan
 - Comprehensive review of requirements for an Associate Degree and/or Transfer
 - Full review of a student’s current course work in relation to their goals
 - Comprehensive, life altering career counseling
 - Other in-depth counseling

Contact

Phone: (619) 388-3540

Room: A-110

Website: www.sdcity.edu/studentresources/counseling



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