

# HD - HUMAN DEVELOPMENT

## HD090 Transition to College

Credit 1

Fall/Winter/Spring

**Registration Requirement:** Instructor consent is required.

This pre-college course prepares Transitions students to take appropriate college classes the following term. The class includes a one-hour lecture each week. Students learn how to find money for school, identify community and campus resources, create personal support systems and develop basic planning and organizational skills for success in college classes. Competencies include learning how to apply for financial aid, create and effectively use study groups for personal and academic support, outline math course success, understand basic computer literacy and create a realistic and effective personal and academic plan for the following term.

## HD100A College Success ★

Credit 1

Summer/Fall/Winter/Spring

This course focuses on empowering students to create greater success in their academic, professional, and personal lives by developing a better understanding of themselves and their choices. Students will learn various approaches to making a smooth transition to college life; develop the ability to use MHCC information and resources; apply proven strategies for motivation, goal-setting, and overcoming barriers; analyze their own self-awareness, habits, and values; and create greater academic, professional, and personal success. Course outcomes for both HD100A and HD100C are similar, yet the number of classroom hours differs. Students may receive credit for either 1cr HD100A or 3cr HD100C, but not both.

## HD100C College Success

Credits 3

Fall/Winter/Spring

This course develops student understanding of the college culture and community. Course topics include college services, policies and procedures; goal setting; time management; educational planning; student responsibility, and learning strategies for college success. Course outcomes for both HD100A and HD100C are similar, yet the number of classroom hours differs. Students may receive credit for either 1cr HD100A or 3cr HD100C, but not both.

## HD101 On Track for College Success ★

Credits 2

Fall/Winter/Spring

This course focuses on active learning and practice of skills and strategies designed to facilitate overall success in a college environment. Personal development and behavior change are emphasized. Topics include educational planning, financial literacy, problem solving, communication skills, change strategies and personal emotional regulation. Time management, goal setting and decision making skills are also presented.

## HD105 Scholarship Success

Credits 2

Fall

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or higher; or placement above stated course levels.

Provides a systematic approach to researching and applying for scholarships. Topics include creating a scholarship portfolio, Oregon Student Assistance Commission application, MHCC Foundation application, internet resources, and research strategies. Students will identify skills, accomplishments, values, goals, and life experiences, and learn strategies to translate them into an effective scholarship application. Interviewing tips will be discussed. Panels and guest speakers, including scholarship winners, will share perspectives on the scholarship process.

## HD118 From Undecided to Decided: Navigating Careers, Majors, and College Success ★

Credits 3

Summer/Fall/Winter/Spring

This course helps students build the skills they need for success in college and future careers. By focusing on exploring different careers, academic planning, and computer skills, students will learn how to create their own paths for the future, both at MHCC and beyond. Topics include strategies for personal growth, managing time well, making good decisions, and using technology in school and work. Students will also explore groups of related careers and use computer tools to connect their skills and interests with possible job options.

**This course fulfills:** Human Relations

## HD130 Today's Careers

Credits 2

Fall/Winter/Spring

This course is designed to be an introductory exploration of various career clusters and career pathways. Students learn about the World of Work map, the Department of Education's 16 Career Clusters and how to access in-depth career information as well as hear from professionals in a variety of fields. Students create a plan for their next steps in the career exploration process. This class is best suited for students who (1) need help choosing a major or program of study, (2) are looking for a new career direction, and/or (3) are not sure where to begin their career exploration process. Students who take HD130 may not also earn credit for taking one of the industry-specific versions (such as HD130AT).

## HD130AT Introduction to Careers: Applied Technology ★

Credits 2

Winter/Spring

If you like to solve problems and prefer work that is physical, mechanical, and possibly outdoors but not sure what your career options are, then this is the class for you! This course explores careers in our Applied Technology department including: Automotive, Machine Tool, Welding, Mechatronics and Engineering Technology. You will learn about numerous other careers including but not limited to: Natural Resources, Fisheries and the trade apprenticeship programs. The course includes 5 'lab' days where you will tour a department, learn about the workplace environment, physical requirements and complete a hands on project. You will also have 5 'lecture' days where you will identify your interests, skills, and values.

**This course fulfills:** Human Relations

**HD130HC Introduction to Today's Careers: Health Professions ★**

Credits 2

Fall/Winter/Spring

This course explores career opportunities in the health professions. The focus is on the educational and licensing requirements, professional and ethical responsibilities, physical requirements, workplace environment and career pathways of each profession.

**HD202 Life Transitions**

Credits 3

Fall/Winter/Spring

**Registration Requirement:** This course is limited to Transitions students. Instructor consent is required.

This class is intended for persons involved in life changes who want to explore new directions, interests and the tools for improving self-esteem and confidence. Students focus on self-exploration and development of life-planning skills through a process of analyzing predictable life transitions. Emphasis is on developing and integrating skills in goal setting, decision making and plan implementation.

**HD204 Developing Emotional Intelligence ★**

Credits 3

Fall/Winter

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or higher; or placement above stated course levels.

This course introduces a number of critical self-management skills and provides an opportunity for students to develop them. Topics include the nature and background of Emotional Intelligence; core emotions, the use of cognitive techniques to manage emotions, approaches to coping effectively with stress, effective communication of emotions and skills for managing life transitions and change. The course emphasizes the value of emotional self-management in both personal and career relationships.

**Additional Course Fee:** \$15.00

**This course fulfills:** Human Relations

**HD208 Career and Life Planning ★**

Credits 3

Summer/Fall/Winter/Spring

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or higher; or placement above stated course levels.

This is an introductory career planning class, designed to guide you through the career decision-making process and to identify skills related to successful work environments. You will learn more about yourself: your interests, skills, values, and personality, and how these relate to career and college major choices. You will also learn how to research and evaluate careers, make decisions, set goals, and develop action plans. The course includes self-assessment activities, personality and interest inventories, career research, and use of computerized resources. A maximum of three credits will be awarded toward a MHCC degree to students who take both HD110 and HD208.

**Additional Course Fee:** \$30.00

**This course fulfills:** Human Relations

**HD209RES Developing Your Resume ★**

Credit 1

Spring

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or higher; or placement above stated course levels.

This course equips students with the skills to craft professional, targeted resumes and cover letters that effectively showcase their unique qualifications. Through hands-on exercises and personalized feedback, students will learn how to identify and market their skills, education, and experiences for specific job opportunities. The course also explores the role of digital tools (e.g., LinkedIn and OpenAI) in building a professional online presence.

**HD225 Transferring to a Four-Year College**

Credits 2

Fall/Winter

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or better; or placement above stated course levels. Recommended HD100A or HD100C.

Students planning to transfer to a four-year institution receive the opportunity to explore and gain an understanding of the various processes, requirements and issues that impact successful transitions from the community college. Emphasis is on identifying strategies and information critical to academic development and adjustment to four-year college systems. This course may include field trips to nearby four-year institutions.

*Course fees are subject to change. Additional section fees (web, hybrid, etc.) may apply.*

★ Course offered online

🌐 Cultural Literacy course