

ACADEMIC AND CAREER EXPLORATION

Counseling and Student Support Programs

Dean: Steven (Estifanos) Baissa

Office: (619) 421-6700 ext 5240

General Description

Personal Development courses are designed to support students in their journey toward personal growth, academic success, and career readiness. Whether students are just starting college, returning after a break, or looking to strengthen their skill set, these courses offer practical tools to help manage stress, build confidence, and take meaningful steps towards becoming the “new you.” The Personal Development curriculum focuses on three key areas:

- **Basic Skills:** These courses help students focus and build essential academic skills to strengthen their foundation for learning.
- **College Success Skills:** Students gain insight into campus resources, educational planning and develop self-confidence in awareness and decision-making of career options.
- **Work Success Skills:** Students will develop career goals and strategic life plans, greater organizational skills, increased performance, effective interpersonal communication, and appropriate workplace behavior.

Degree/Certificate Options	Major Code
Certificate of Achievement	
Academic and Career Exploration (http://catalog.swccd.edu/associate-degree-certificate-programs/academicexploration/academicexploration-cert/)	01001