

# PSY100 : Psychology of Career Development

This course introduces students to the lifelong career development process. Career development theories are explored. Students gain self-knowledge through assessment of interests, abilities, values and personality. Influences on career aspirations are explored. Interpretations of success are examined. Students identify and investigate potential career options. Information is analyzed and decision making skills are employed to develop career goals and action plans. Students are introduced to the benefits of networks, mentors, and role models. Students develop job search materials including a resume and cover letter. Students gain familiarity with the process and skills for employment interviewing.

**Credits** 1

**Prerequisites**

None

**Semester Offered**

Fall

Spring