Counseling (COUN)

Courses

**COUN A101 Introduction to Career Exploration 1 Credit**  
An introduction to career exploration. Includes exploring self-concept, values, interests, skills, aptitudes, work orientation, occupational information and decision making.

**COUN A107 Managing Stress 1 Credit**  
Examines general causes of stress and effective methods to eliminate or manage stress in your own life.