

GUID-8 Career Planning

Course Information

Semester and Year: Fall 2025

Section number: GUID-8-V0432

Course Dates: Sept. 6 – Dec. 19

Location: Online using Canvas

Instructor: April Klingonsmith

Number of Units: 2

Transfers to: California State University as elective

Course Calendar: Located at end of syllabus

Instructor Information

Office hours: Tuesdays 9am to 11am (call or text)

Preferred contact method: Canvas Inbox

Email address: april-klingonsmith@redwoods.edu

Communication expectations: The instructor accesses Canvas regularly. April responds to email and Canvas inbox typically within 48 hours. Should a situation arise when she cannot access Canvas or reply to email within that time frame, she will notify the class in an announcement, then will announce when she's returned.

Catalog Description

A career planning course focusing on the development and exploration of career and major options. Students acquire skills in professional planning including job search techniques, resume writing and interviewing. Emphasis is on individual self-assessment, self-reflection, career information, research skills, decision-making and goal setting. This course is helpful to students who are undecided about a college major/career or considering a career change.

Course Delivery

This asynchronous course is delivered and taught 100% online. There are no classroom meetings and no specific meeting times. Work through the course modules at your own pace, on your own time, turning in assignments by the deadlines.

Textbook Information

There is no textbook required for this course.

Course Learning Outcomes

1. Identify career/major options using online databases and self-assessment results.
2. Set short- and long-term career goals.
3. List the training or education preparation for a specific career.
4. Implement appropriate resume writing and interview techniques.

Course Objectives

1. Labor market data and occupational information
2. Resumes and cover letters
3. Relationship of majors to career planning
4. Career trends and local labor trends
5. Decision-making process
6. Goal setting
7. Self-assessments (personal values, interests, personability, skills, natural talents, etc)
8. Networking/social media
9. Pre-interview preparation and research
10. Job interview techniques
11. Employment readiness skills
12. Healthy work/life balance
13. Educational planning

Grading

This course includes a total of 1,260 possible points. You can view your current grade anytime in the Canvas Gradebook. Final grades are calculated using a traditional percentage scale based on the total points you earn. Each assignment includes specific grading criteria, which you can find at the bottom of its description in Canvas. Most assignments are graded as they are submitted. However, Discussions are graded after the due date to allow for full participation.

Grading Point Totals

| Grade | A | A- | B+ | B | B- | C+ | C | D | F |
|---------|---------------|------------|------------|------------|------------|------------|------------|------------|---------------|
| Percent | 93% and above | 90% to 92% | 88% to 89% | 83% to 87% | 80% to 82% | 78% to 79% | 70% to 77% | 60% to 69% | 59% and below |

| Coursework | Points | Total points | Percentage |
|---------------------------------------|----------------|--------------|------------|
| Assignments (6 total) | 40 points each | 240 | 19% |
| Discussion forums (6 total) | 50 points each | 300 | 23% |
| Module Reflections (3 total) | 40 points each | 120 | 10% |
| 10-Year Lifestyle Financial Plan (1) | 150 points | 150 | 12% |
| Interviews (2 total) | 75 points | 150 | 12% |
| Resume, Cover Letter & References (1) | 150 points | 150 | 12% |
| Career Plan (1) | 150 points | 150 | 12% |
| | | 1,260 | 100% |

Graded Course Discussions

There are six discussion forums throughout this course, each worth 50 points. These forums provide valuable opportunities to reflect on your career development journey and engage with classmates by sharing personal insights related to each module's topics. Participating in these discussions will help you deepen your understanding of career planning concepts and learn from others' experiences. Each discussion includes a grading rubric, which can be found within the assignment in Canvas.

To earn full credit:

- Post your initial response (minimum 350 words) a few days before the deadline.
- Respond to at least two classmates by the deadline.
- Extra credit is available for responding to one additional classmate beyond the required two.

Required Discussions

1. Introduction Video
2. Workplace Cultural Diversity
3. Transferrable Skills Self-Assessment
4. Special Knowledge & Interests Self-Assessment
5. Employee Compensation & Benefits
6. Networking To Enhance Your Career Development

Graded Course Assignments

There are six required assignments in this course, each worth 40 points. These assignments are designed to help you explore your strengths, values, and skills, supporting your career development and personal growth. Each response must be at least 350 words and follow the grading criteria outlined in Canvas within each assignment.

Required Assignments

1. Today's Job Market Trends
2. Your Professional Online Presence
3. Skills In Today's Workplace
4. Your Purpose in Life Self-Assessment
5. Preferred Types of People To Work With Self-Assessment
6. Preferred Working Conditions & Locations To Live Self-Assessment

Graded Course Module Reflections

Each of the three modules has a reflection assignment that needs to be completed. Each one is worth 40 points. Responses must be at least 350 words and follow the grading rubric.

Graded Career Planning Interviews

Students will complete two interviews to develop their interviewing skills and gain firsthand insights into careers or fields of interest. Each interview assignment is worth 75 points. Written submissions must be at least 400 words and adhere to the grading rubric provided.

Required Career Planning Interviews

1. Informational Interview To Learn About a Career/Job
2. Practice Job Interview With Person Of Your Choice

10-Year Lifestyle Financial Plan

This assignment guides you to create a detailed 10-year financial plan that aligns your ideal lifestyle with the salary you will need to support it. By reflecting on your future career and life goals, you'll develop a clear roadmap for the income required to sustain your desired way of living. You will make decisions in key areas such as your life purpose, preferred work environment and colleagues, transferable skills, special knowledge and interests, and salary expectations. You have two options for submitting your 10-year plan: a written paper or an online presentation. This assignment is worth 150 points. Please refer to the grading rubric in Canvas for detailed criteria.

Resume, Cover Letter & References

Students will submit a resume, cover letter, and references as essential components of their career planning toolkit. These documents help you present yourself confidently, clearly, and professionally as you pursue your career or academic goals. Before submitting, it is required that someone proofread your materials using the provided checklist to ensure quality. The Career Center offers support, and you can earn extra credit by taking advantage of their services. This assignment is worth 150 points. Please see the grading rubric in Canvas for detailed grading criteria.

Career Plan

Each student will develop a comprehensive career plan designed to encourage thoughtful reflection on long-term career goals, preferred career path, and the concrete steps required to achieve them. This plan will help you clearly articulate your career objectives, identify essential skills, and outline actionable steps for your professional growth and success. You may submit your career plan either as a written paper or an online presentation. This assignment is worth 150 points. Please refer to the grading rubric in Canvas for detailed grading criteria.

Optional Self-Assessment Quizzes

At the end of each module, you'll find three optional self-assessment quizzes, each containing three short questions. These are designed to help you reflect on your learning experience, provide valuable feedback to improve the course, and give April a chance to offer additional support if needed. Participation is encouraged but not required.

Extra Credit

Opportunities for extra credit are available throughout the course:

- Discussion Forums: Earn extra credit by responding to three classmates instead of the required two.
- Career Center Presentations: Attend and participate in a Zoom session hosted by the Career Center (details will be shared in course announcements).
- End-of-Semester Survey: Complete the final course survey to earn additional extra credit.

These optional activities are designed to enhance your learning and provide opportunities to boost your grade.

Canvas Information

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas and general tech help, visit [Canvas Support Home](#)
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: [Canvas Student Orientation Course](#)

Setting Your Preferred Name and Pronouns in Canvas

Students can display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact [Admissions and Records](#). Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the [Student Information Update form](#)

Communicate Your Needs Early

Your success matters. If you have any specific challenges—such as access to technology, learning needs, or other circumstances that may affect your participation—please let your instructor know as early as possible. College of the Redwoods is committed to supporting every student's success.

Student Academic Commitment

This two-unit CSU transferrable course requires about 2+ hours of your time daily. You will need to log into Canvas, work on assignments, and turn things in by the deadlines. Students need to regularly participate in the course and turn in assignments on time following the grading rubrics. Class attendance, conscientiousness, attention to details, reading, writing, and study skills are critical for success.

Instructor Accessibility

The instructor works hard to be accessible and available to her students. April accesses the class website regularly and responds to email and the Canvas inbox typically within 48 hours. If she cannot access Canvas or reply to email within that time frame, she will notify the class in an announcement, then will announce when she's returned. The instructor initiates frequent interactions with all students, both individually and collectively, and students have frequent opportunities to regularly interact with each other. She sends regular announcements and Canvas messages to students who fall behind or need support. April reads the discussion posts and participates when appropriate. Reach out to her anytime with a message in the Canvas Inbox for support.

Use the Canvas Inbox to Communicate

The Canvas Inbox is best way to contact April. In Canvas, click the “Inbox” link on the left dark grey bar to view your Canvas email. Click on the person icon in the “To:” address bar. Choose the course, student or teacher, and then the person you would like to email. Click on this course, and for teacher choose, April Klingonsmith. Type in a subject and message and click send.

Technology Equipment

Technology equipment is required for student success, and of equal importance as required textbooks. Students can obtain a free [Office 365 license](#) (includes Word, Excel and PowerPoint) with a valid CR email.

Technology Skills & Requirements

Successful participation in this online course requires basic computer skills. You should be comfortable navigating Canvas and other course websites, opening and downloading files, using a word processor such as Microsoft Word (.docx), or converting files to formats like Rich Text Format (.rtf) or Portable Document Format (.pdf). Additionally, you must be able to upload assignments to Canvas. It is your responsibility to ensure you meet these technological requirements to fully engage in the course.

Technology Support

Before contacting Technical Support please visit the [Online Support Page](#). For password issues with Canvas, Web Advisor or your mycr.redwoods.edu email, contact its@redwoods.edu or call 707-476-4160 or 800-641-0400 ext. 4160 between 8:00 A.M. and 4:00 P.M., Monday through Friday.

Late Work Policy

All assignments may be submitted after the due date up until the last day of class, with a point deduction for lateness. Each assignment includes a grading rubric that outlines expectations and the specific number of points deducted for late submissions.

Please note: even with communication, all late work will receive the stated deduction—no exceptions.

AI Use Policy

In this course, you are encouraged to explore and reflect on your personal and professional career planning development. You may use AI tools like ChatGPT to support research and drafting for specific assignments that involve gathering general information, identifying trends, or writing professional materials. If you use AI, please cite it at the end of your submission with a short note, such as: “I used ChatGPT to help brainstorm resume bullet points and research current trends in remote work.”

For assignments that require personal reflection—such as exploring your career goals, values, strengths, experiences, or creating your personalized career plan—AI should not be used to generate content. These activities are designed to help you gain self-awareness and clarity through your own thinking and insights. When in doubt about what’s okay, just ask! This policy aims to promote appropriate, ethical use of AI while prioritizing your growth and learning.

AI Misuse Consequence

If I suspect that AI was used for an assignment that requires personal reflection and original thinking, the assignment will receive a zero. You may redo the work on your own and resubmit it for credit by the last day of class; however, late penalties will apply according to the course's late work policy. This ensures that your learning remains authentic and aligns with the course expectations.

Dropping Policy

Students whose grade in the Gradebook is below 60% within the first two weeks of class will be dropped by the instructor. As a veteran online community college instructor, I have found that students who do not maintain a strong grade early on typically fall behind and are unlikely to successfully complete the course. Students may drop themselves at any time before the final drop date using Web Advisor or through Admissions and Records. Important drop deadlines, including the final drop date, are listed in the syllabus course calendar and communicated through multiple announcements. Before dropping students early in the term, April will send a personalized Canvas Inbox message to those at risk, informing them of their current grade and offering support to improve engagement and performance. No messages will be sent when students drop themselves by the final drop date.

Disruptive Behavior Policy

Behavior or communication that disrupts the online learning environment will not be tolerated. Examples of disruptive conduct include, but are not limited to: posting unwarranted or off-topic comments, failing to follow instructor directions, using vulgar or obscene language in discussion boards or messages, making slurs or intimidating remarks, and any form of verbal abuse or harassment in online interactions.

Disruptive Behavior Consequence

If the instructor determines that a student's behavior disrupts the educational process, the instructor will send the student a message clearly stating the behavior that does not align with course expectations. The student will be given 48 hours to remove any inappropriate comments or conduct from the online course environment. Failure to comply within this timeframe may result in temporary removal from class and referral to the Chief Student Services Officer or their designee for further action. For more information on student rights, responsibilities, Board policies, and administrative procedures, please consult the [College Catalog](#) and the [CR Board and Administrative Policies](#).

Academic Dishonesty Policy

Academic integrity is fundamental to the educational community, and scholastic dishonesty is not tolerated. When academic dishonesty is suspected, the faculty member has primary discretion over assigning grades and determining the student's status in the course. If a student is found to have engaged in dishonest behavior, they may receive a failing grade on the affected assignment or exam and may be referred to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information regarding student rights, responsibilities, Board policies, and administrative procedures can be found in the [College Catalog](#) and the [CR Board and Administrative Policies](#).

Inclusive Language in the Online Classroom

College of the Redwoods is committed to fostering a learning environment where everyone feels welcome and encouraged to share their perspectives. Instructors and students are encouraged to use language that is inclusive, respectful, and supportive of all community members.

Your Rights As a Student

The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [CR website](#).

Withdrawing from this Course

If you decide to withdraw from this course, please do so through [Web Advisor](#) or [Admissions & Records](#). Students can initiate their own withdrawal, and instructors may also withdraw students for non-participation or excessive absences.

Educational Accessibility & Support

College of the Redwoods is dedicated to providing reasonable accommodations for qualified students who may benefit from additional educational support. You may qualify if you have a physical, mental, sensory, or intellectual condition that affects your academic performance, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common medical conditions like arthritis, asthma, diabetes, autoimmune disorders, or chronic illnesses
- Temporary impairments such as a broken bone, recovery from surgery, or pregnancy-related disabilities
- Neurodevelopmental disorders including learning disabilities, intellectual disabilities, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring and academic assistance through the [LIGHT Center](#), counseling and advising, alternate formats for course materials (such as audiobooks, braille, or e-texts), assistive technology, learning disability assessments, approval for personal attendants or interpreters, priority registration, on-campus transportation, adaptive physical education, and more.

If you believe you could benefit from disability- or health-related accommodations, please contact [Student Accessibility Support Services \(SASS\)](#) at sass@redwoods.edu. If you're unsure whether you qualify, SASS can provide a consultation.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280

Learning Resource Center

The Learning Resource Center includes the following resources for students:

Library Services

[Introduction - Library Services for Students - LibGuides at College of the Redwoods](#) promotes information literacy and provides organized information resources.

Multicultural and Equity Center

The [Multicultural and Equity Center](#) is an inclusive space that supports students academically and personally by fostering community, cultural expression, and cross-cultural learning. It offers resources and activities focused on leadership, student success, equity, and social justice, all within a student-centered and respectful environment.

Academic Support Center

The [Academic Support Center](#) offers tutoring and test proctoring for CR students.

Student Tech Help

Technical [Support](#) provides students with assistance around a variety of tech problems.

Extended Opportunity Programs and Services (EOPS)

[EOPS/CARE \(EOPS\)](#) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

[The TRiO Student Support Services Program](#) provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the Eureka TRiO office or the Del Norte TRiO office.

Veterans Resource Center

The [Veterans Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

CalWORKS

[California Work Opportunity & Responsibility to Kids](#) (CalWORKs) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more!

Community College Student Health and Wellness

- [Health & Wellness website](#): Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty, staff.
- [Wellness Central](#): Free online health and wellness resource available 24/7 in your space at your pace. Students seeking to request a counseling appointment for academic or general counseling can email counseling@redwoods.edu.

Emergency Procedures / Everbridge

College of the Redwoods uses the Everbridge alert system to notify you of emergencies on campus via your personal email and/or phone. No registration is required to receive these alerts. Please ensure your contact information is current by logging into [WebAdvisor](#), selecting 'Students,' then 'Academic Profile,' and 'Current Information Update.'

If you have questions, contact Public Safety at 707-476-4112 or campus-safety@redwoods.edu. For more details, visit the [Campus Safety website](#).

Course Calendar

| Date | Modules Course Information | Assignments Due Course Information |
|------------------------|--|--|
| Saturday Sept. 6 | Course starts | Nothing due |
| Sunday Sept. 14 | Module 1– Career Planning In Today’s Workplace | <ul style="list-style-type: none"> • Discussion 1 - Your Introduction Video • Today’s Job Market Trends |
| Sunday Sept. 21 | Module 1– Career Planning In Today’s Workplace | <ul style="list-style-type: none"> • Your Professional Online Presence • Skills In Today’s Workplace |
| Thursday Sept. 25 | Instructor Drop Date | Students dropped with less than 60% in Gradebook. |
| Sunday Sept. 28 | Module 1– Career Planning In Today’s Workplace | <ul style="list-style-type: none"> • Discussion 2 – Workplace Cultural Diversity • Module 1 Reflection • Module 1 Optional Self-Assessment Quiz |
| Sunday Oct. 5 | Module 2 – Career Planning Self-Analysis | <ul style="list-style-type: none"> • Your Purpose in Life Self-Assessment • Preferred Types of People To Work With Self-Assessment |
| Sunday Oct. 12 | Module 2 – Career Planning Self-Analysis | <ul style="list-style-type: none"> • Discussion 3 – Transferrable Skills Self-Assessment • Preferred Working Conditions & Locations To Live Self-Assessment |
| Sunday Oct. 19 | Module 2 – Career Planning Self-Analysis | <ul style="list-style-type: none"> • Discussion 4 – Special Knowledges & Interests Self-Assessment |
| Sunday Oct. 26 | Module 2 – Career Planning Self-Analysis | <ul style="list-style-type: none"> • 10-Year Lifestyle Financial Plan |
| Sunday Nov. 2 | Module 2 – Career Planning Self-Analysis | <ul style="list-style-type: none"> • Module 2 Reflection • Module 2 Optional Self-Assessment Quiz |
| Sunday Nov. 9 | Module 3 – Career Planning Professional Growth | <ul style="list-style-type: none"> • Discussion 5 – Employee Compensation & Benefits |
| Tuesday Nov. 11 | Last Day for Students to Drop Themselves | Students can drop themselves from this class on Web Advisor or at Admissions & Records |
| Sunday Nov. 16 | Module 3 – Career Planning Professional Growth | <ul style="list-style-type: none"> • Informational Interview To Learn About a Career/Job |
| Wednesday Nov. 19 | Career Center Presentation | <ul style="list-style-type: none"> • 5:30pm - Zoom – Extra Credit - Optional |
| Sunday Nov. 23 | Module 3 – Career Planning Professional Growth | <ul style="list-style-type: none"> • Practice Job Interview With Person Of Your Choice |
| Mon-Fri. Nov. 24-28 | Fall Break | Nothing due |
| Sunday Dec. 7 | Module 3 – Career Planning Professional Growth | <ul style="list-style-type: none"> • Discussion 6 – Networking To Enhance Your Career Development • Module 3 Reflection • Module 3 Optional Module 2 – Self-Assessment Quiz |
| Sunday Dec. 14 | Module 3 – Career Planning Professional Growth | <ul style="list-style-type: none"> • Resume, Cover Letter & References • Career Plan |
| Friday Dec. 19 | Course Ends | <ul style="list-style-type: none"> • Extra Credit Feedback Survey • All late assignments turned in |