

Training for a career
or transferring to a university?

We can help.

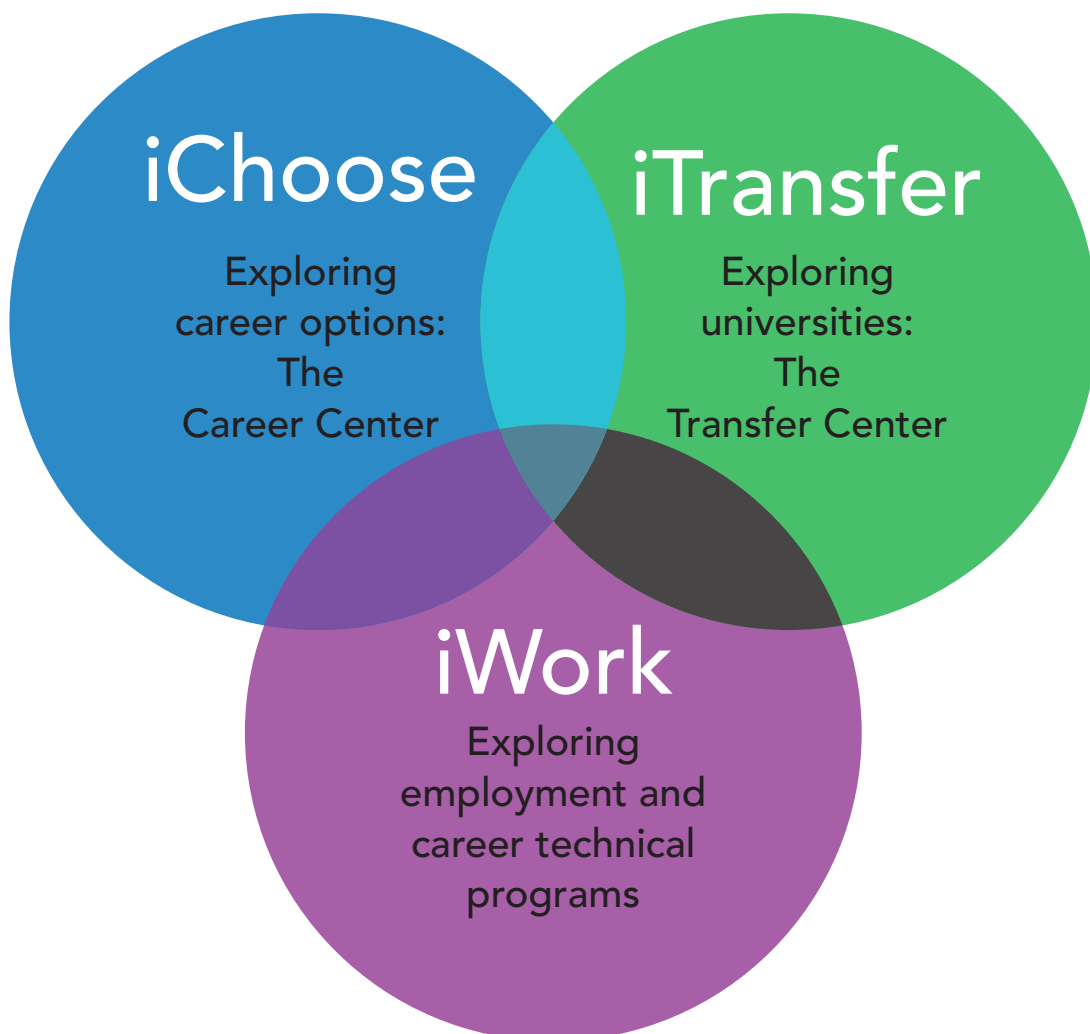


iEvolve

Career planning is a lifelong process that is fluid rather than fixed.

Self-discovery includes all the circles.

Move between circles as u-Evolve and set goals.



iChoose, **iTransfer** and **iWork** services are available *at no cost* to Southwestern College students enrolled in credit or noncredit classes. Highly trained, experienced counselors and staff are ready to assist you. *Take advantage of the broad range of services to help achieve your goals!*

iChoose

The Career Center offers individual career counseling appointments, workshops, walk-in assistance, and online access to career research software to enrolled students. Plan early!

Career Planning Steps

Self-Assessment: Finding Out Who You Are and What You Want

- What are your skills, interests, values, learning styles and personality type?
- What are your ideas about work and career?
- What do you want your career to be?

Exploration: Finding Out More about Education and Employment Outlook

- Investigate possible career fields
- Use internships, part-time jobs and volunteer experiences to sample jobs that interest you
- Research majors and careers that match your self assessment results
- Enroll in PD100 Lifelong Success (career planning) class



Decision Making: Analyzing the Information

- Begin to define your specific career goals
- Make tentative career decisions
- Set short and long-term goals that allow you to reach your chosen career

Educational Planning: Developing a Plan for Success

- Research two and four-year college programs that allow you to reach your goals and compete in a global marketplace
- Decide on the amount of time you are willing to attend college
- Establish a plan to complete your education in a time frame that works for you

Job/Career Search: Looking for a Job

- Develop a job search action plan
- Establish and use job search resources and contacts
- Overcome barriers, keep motivated, and manage your career

iTransfer

Whether you want to build on your career/technical associate degree or focus on a transfer program, either option can lead to a Bachelor's Degree. The Transfer Center can help!

Important Things to Know

- Start your bachelor's degree by completing the equivalent of the first two years at Southwestern College (SWC)
- Obtain information regarding requirements for universities of interest
- Meet with university representatives that visit SWC
 - Tour various university and college campuses with the Transfer Center each semester
 - Receive transfer related information via e-mail
 - Enroll in our new three-unit transfer-focused course, PD 114
- Pick up *scholarship* information at the Transfer Center! Scholarships (free money) are available to you from on and off-campus resources. On-campus scholarships are available to SWC students only and are accessible January and February. Visit the SWC website at www.swccd.edu and look for the Scholarships link.



Transfer Admission Guarantee (TAG) Programs with:

- Alliant International University
- UC Davis
- UC San Diego
- National University
- UC Irvine
- UC Santa Barbara
- San Diego State University
- UC Riverside
- UC Santa Cruz
- UC Merced



Transfer Checklist

- Visit the Transfer Center to learn about resources for transfer students
- Send transcripts from all previous colleges to the SWC Office of Admissions
- Attend a **Steps to Transfer** workshop and schedule an appointment with a SWC counselor once during each semester
 - Visit at least three different colleges that offer your major
 - Complete transferable math and writing classes early
 - Complete transferable (articulated) coursework in your major
- Check application deadlines and apply to more than one university
- Apply for financial aid early (January 1 to March 2) via the FAFSA
- Consider applying for various scholarships



iWork

Southwestern College offers over 40 career technical associate degree and certificate programs that prepare you to enter a chosen career, upgrade your job skills and/or advance to a higher paying position.

Student Employment Services Provides:

- Off-campus and on-campus full and part time job referrals
- Work experience education
- Internship opportunities
- Resume and interview preparation
- Job fairs—meet employers who are ready to hire
- Job preparation workshops
- Career placement and job assistance after you've completed your program of study



At the Center for Technical Education and Career Success (CTECS) You Can Learn About:

- Counseling services for career technical and noncredit students
- Career/technical programs at Southwestern College
- High wage careers that don't require a bachelor's degree
- Support services for students pursuing a non-traditional career (if you are one of a small number of students of your gender in class, you may be in a non-traditional career)
- No cost/noncredit courses that can prepare you for the job market, including NC 52—Job Readiness

The Women's Resource Center Provides Ongoing Support for female and male students, especially single parents and displaced homemakers, to pursue their full educational and career potential. Services include:

- Referrals for legal, childcare, housing, health and food services
- Emotional and crisis intervention services
- Support groups
- Mentoring for educational and work success
- Workshops to empower female students

Directory

Southwestern College

900 Otay Lakes Road, Chula Vista, CA 91910 • (619) 421-6700 www.swccd.edu

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*The following departments are located
in the Student Services Center, Cesar E. Chavez Building*

School of Counseling and Personal Development

(619) 421-6700, Ext. 5240/5241 www.swccd.edu/counseling

Transfer Center

(619) 482-6472 www.swccd.edu/transfercenter

Career Center

(619) 421-6700, Ext. 5247 www.swccd.edu/careercenter

Center for Technical Education and Career Success (CTECS)

(619) 421-6700, Ext. 5805 www.swccd.edu/CTECS

Women's Resource Center

(619) 421-6700, Ext. 5625 www.swccd.edu/womensresourcecenter

Student Employment Services

(619) 482-6356 www.swccd.edu/~ses

Higher Education Center at Otay Mesa

8100 Gigantic Street, San Diego, CA 92154 • (619) 216-6750 www.swccd.edu/hecom

Higher Education Center at National City

880 National City Blvd., National City, CA 91950 • (619) 216-6665 www.swccd.edu/Hecnc

Higher Education Center at San Ysidro (reopening in 2009)

460 West San Ysidro Blvd., San Ysidro, CA 92173 www.swccd.edu/Ecsy

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To request this handout in an alternate form, contact Disability Support Services at (619) 482-6512, TYY (619) 482-6470.



Student Services Center

Cesar E. Chavez Building
900 Otay Lakes Road
Chula Vista, CA 91910

www.swccd.edu

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