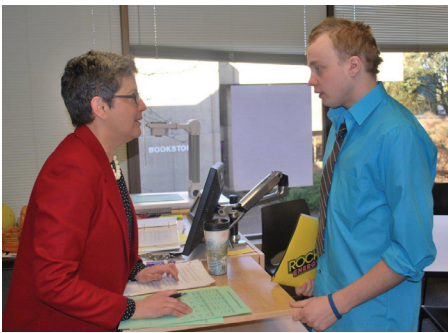


LCOP

LIFE & CAREER OPTIONS PROGRAM

THE LIFE & CAREER OPTIONS PROGRAM (LCOP) CAN ASSIST YOU WITH:

- entering or re-entering the workforce or school
- making a fresh start
- updating job skills
- considering additional education or training



LCOP is for returning adult students who face barriers and are experiencing a major life transition. This program will help you build confidence and support your efforts to make a better life for yourself and your family. Learn how to recognize your strengths and abilities and how they relate to the world of work. Caring, personalized support is available throughout the class.

Topics include:

- successfully navigating transitions
- evaluating interests and skills
- career planning
- educational planning
- resume development
- interview techniques
- developing networking abilities
- job retention skills
- enhancing personal growth and self-esteem

For more information call:

*Robin Dryden 503 594-3176
or Casey Sims 503-594-3186*

SPRING TERM 2017
ALL CLASSES BEGIN 4/3/17

Life Transitions

HD-202-01

3 credits

\$0 tuition, \$40 fee

Tuesdays 9-11:50 am

Randall 219

Instructor: Stephanie Schaefer

Co-requisite: HD-208-01

with

Career & Life Planning

HD-208-01

3 credits

\$0 tuition, \$40 fee

Thursdays 9-11:50 am

Randall Hall 219

Instructor: Casey Sims

Co-requisite: HD-202-01

Classes are co-requisites and must be taken together.

Instructor consent is required; email robind@clackamas.edu or come by the Counseling Department in the Community Center building for a program application.

