

# *Find your path!*

## Life and Career Options Program



### *Who should apply?*

This program is for adults returning to school and the workforce, who are facing challenges and looking for support with defining a direction and navigating college and career options. We help you identify your skills and interests, learn about short-term programs at CCC, and create a career plan for moving forward.

### *Ready for your next chapter?*

The Life and Career Options Program (LCOP) is designed specifically for adults who are making changes to their career or returning to school. Examples include people who are: returning to school after a long break, coming to college for the first time, changing careers due to injury or layoffs, looking for work after involvement with the justice system, in recovery from addictions, or experiencing other major life transitions. CCC's Life and Career Options courses can help if you are looking to:

- Re-enter the workforce
- Explore career options
- Update job skills
- Identify support systems
- Return to school

### *What will you learn?*

- Career interests/skills
- Values clarification
- Time management
- Short-term training options at CCC
- Career and education planning
- Resume, cover letter and documents
- Personality preferences and styles
- Goal setting/action planning
- Marketing yourself

## *Tell me the details!*

- LCOP is tuition-free and costs \$80 in fees.
- Financial, transportation, or childcare barriers?
- Resources may be available to help with the course fees, transportation costs, or childcare related to participating in LCOP.
- Class meets twice a week for 2 hours in person, with 2 hours of additional online coursework and homework assignments.
- LCOP courses are “pass” or “no pass.”
- This class is typically winter term, 10:00 –11:50 am, Tuesdays and Thursdays, hybrid plus additional online hours.



## *Is this for you?*

- People interested in returning to college and exploring career options.
- People earning their GED or learning English.
- People seeking support with navigating college.
- People interested in exploring short-term training programs.

Learn about opportunities  
at CCC:

### Health Sciences

- Healthcare Careers Certificate
- Certified Nursing Assistant
- Emergency Medical Technician
- Phlebotomy

### Manufacturing

- CNC Operator
- Welding Technician

### Horticulture

- Irrigation Technician
- Backflow Technician

**And so many more!**



For more information,  
contact

**Counseling**

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**503-594-3176**



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