



# VHS DUAL ENROLLMENT COURSES WITH PALOMAR COLLEGE



## EARN COLLEGE CREDITS !

Vista High School is offering a dual enrollment opportunity for juniors and seniors .

Dual enrollment courses will be taught by Palomar College professors on our campus during the school day. Upon successful completion of these classes, students will have earned college and high school credits.

Students would be enrolled in **4 VHS classes and 2 Dual Enrollment Palomar College** courses at our VHS campus. Listed below are each of the Palomar College courses which are semester –long and have to be taken in sequence. **VHS Students must earn a “C” or higher in these Dual Enrollment courses so their College /University Financial Aid stays in good standing. D’s or F’s negatively affect their college financial aid.**

Required for **first-time** Dual Enrollment students

| 1st semester  | 2nd semester                           |
|---|--|
| X715 - Counseling 148– Managing Stress and Well-Being | DEC110- Counseling 110—College Success |

**AND**

Choose one of the following sequences:

|   | 1st semester—Fall                 | 2nd semester—Spring                    |
|---|-----------------------------------|--|
| 1 | X720-FASH 100– Fashion Industry   | FASH 105—Fashion Analysis and Clothing |
| 2 | X725- LS 121 -Introduction to Law | LS 240—Civil Liberties and Procedures  |

## VHS DUAL ENROLLMENT COURSE DESCRIPTIONS

### **X715-COUN 148-Managing Stress and Well-Being (3 college units, 10 high school credits)**

- *Transfer acceptability: UC/CSU*

This course investigates the cultural, sociological, physiocultural, sociological, physiological,

and psychological sources of stress and well-being across the lifespan. An examination of how the mind-body relationship is affected by the personality, thoughts, life events, and messages received within a multicultural society and family will be studied. Students learn mindfulness and stress reduction techniques that resolve stress and anxiety and promote well-being physically, energetically, emotionally, cognitively, socially, and behaviorally

**DEC 110– College Success—(3 college units , 10 high school credits)**

*Transfer acceptability: CSU; UC*

Provides students with the skills and knowledge necessary to reach their educational goals. Topics include academic learning strategies, college and life skills, diversity awareness and assessment of personal characteristics related to educational success. The role of race, ethnicity, gender, class, sexual orientation and age in higher education and personal identity is a central theme of the course.

**X720– FASH 100—Fashion Industry—(3 college units, 10 high school credits)**

- *Transfer acceptability: CSU*

A study of the background and technology of the clothing industry. It includes contemporary problems of production and distribution; emphasis is on career options in the fashion industry.

**FASH 105—Fashion Analysis and Clothing Selection—(3 college units, 10 high school credits)**

- *Transfer acceptability: CSU*

This course examines fashion for professional and personal need as it relates to culture, wardrobe planning and coordination.

**X725- DELS121—Legal Studies 121 Introduction to Law- (3 college units, 10 high school credits)**

- *Transfer acceptability: CSU*

This course is an introduction to law and the legal system. It includes an examination of the federal and state court system, criminal law, civil law, administrative law and procedural law.

**DELS240– Legal Studies 240– Civil Liberties and Procedures- (3 college units, 10 high school credits)**

- *Transfer acceptability: UC/CSU*

The study of the Bill of Rights and Supreme Court decisions focusing on civil rights and liberties. This area of constitutional law examines the relationship between individuals and government. Emphasis is on minority issues such as privacy, personal freedom, political equity, and first amendment jurisprudence.