

Area: Kinesiology and Athletics
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<http://wexp.losrios.edu>

Cooperative Work Experience (WEXP) is an experiential academic program where students apply what they have learned in the classroom to a work environment.

The program offers students the opportunity to develop technical skills, explore possible career choices, build confidence, network with people in the field, and transition into the world of work.

Student Learning Outcomes

Upon completion of WEXP 198, the student will be able to:

- demonstrate competencies for effective and competitive workforce performance as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course.
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and multimedia formats in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.
- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

Upon completion of WEXP 298, the student will be able to:

- demonstrate mastery of specific job skills in a field of study related to an associate degree or certificate occupational program level career as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course.
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and multimedia formats in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.

- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

Upon completion of WEXP 498, the student will be able to:

- demonstrate application of industry knowledge and theoretical concepts in a field of study related to a transfer degree level career as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and multimedia formats in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.
- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

Career Opportunities

The Cooperative Work Experience and Internship Program (WEXP) provides opportunities that support students working to advance their career. Participating in WEXP gives students the opportunity to learn professional skills in preparation for their chosen career, acquire hands-on experience in a structured program, and develop industry contacts. WEXP gives students a “competitive edge” by providing real-world experience.

The Work Experience Program serves interns, volunteers, and employees. Positions may be paid or unpaid.

Occupational Work Experience Education 298/498 is designed for students interested in associate/certificate degree level (298) or transfer degree level (498) work experiences, related to their major field of study. Students should consult with their major program faculty to review specific certificate or degree work experience requirements. Up to four units of credit may be earned each semester. A maximum total of sixteen (16) work experience units may be earned during the student’s enrollment in a community

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(Career Opportunities continued)

college. These units may count as elective units, major units, or GE units, **only 498 units are transferable to CSU.**

General Work Experience Education 198 is designed for students interested in exploring various career options without a major. Up to three units of credit may be earned in a semester. This course may be taken up to four times. However, there must be new or expanded learning objectives each time the course is taken. A maximum total of sixteen (16) work experience units may be earned during the student's enrollment in a community college. These units may count as elective units or GE units, but are **not** transferable.

Course Enrollment

Students must have a cooperating employer by the end of the second week of a full semester course or by the end of the first week of an eight week (or summer session) to remain in the course. Positions should be located within the greater Sacramento area for instructor site visits. Students needing assistance in finding an internship should go to the program website at <http://wexp.losrios.edu/>. Positions may be paid or unpaid. The weekly class meeting is required for first time participants. Returning participants are not required to attend the weekly class meeting but are required to meet with the instructor as needed as well as attend the first class meeting, a mid-semester meeting, and a final meeting. Units earned are determined by the amount of hours worked from the first week of instruction to the last week of instruction during an enrollment term, and success with completing required program forms and classroom assignments (hours exclude the weekly orientation course/class time). All registered students are required to attend the first course meeting.

Work experience has courses in the following discipline areas: ACCT 498, ACT 298, ART 498, ARTNM 498, ARTPH 498, AT 298, BIOT 498, BUS 498, CISC 498, CARPT 298, DANCE 498, DCDT 298, DESGN 298, DRLTH 298, ELECT 298, ET 298, FASHN 498, FT 298, GEOG 498, GERON 498, HM 498, HORT 298, HSER 498, IDES 498, IW 298, KINES 498, LA 498, MKT 498, NATR 498, OE3 298, PLUMB 298, RECR 498, SHME 298, TA 498.

For more information about these courses, please see their program of study sections in the catalog.

Work Experience

WEXP 198 Work Experience - General 1-3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job with a cooperating site supervisor.

General Education: AA/AS Area III(b)

Hours: 60-225 hours LAB

This course provides students with opportunities to acquire desirable work habits, attitudes and career awareness. It is designed for students interested in exploring various career options. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. First-time participants are required to attend a weekly orientation and a final meeting. Returning participants are required to attend the first class meeting, a mid-semester meeting, and a final meeting and may meet individually with the instructor as needed to complete a work site observation and all program forms, receive updates, and assignments. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

WEXP 298 Work Experience in (Subject) 1-4 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to career goals with a cooperating site supervisor.

General Education: AA/AS Area III(b)

Hours: 60-300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in associate degree level or certificate occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. First-time participants are required to attend a weekly orientation and a final meeting. Returning participants are required to attend the first class meeting, a mid-semester meeting, and a final meeting and may meet individually with the instructor as needed to complete a work site observation and all program forms, receive updates, and assignments. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

WEXP 498 Work Experience in (Subject) 1-4 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to career goals with a cooperating site supervisor.

General Education: AAIAS Area III(b)

Course Transferable to CSU

Hours: 60-300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. First-time participants are required to attend a weekly orientation and a final meeting. Returning participants are required to attend the first class meeting, a mid-semester meeting, and a final meeting and may meet individually with the instructor as needed to complete a work site observation and all program forms, receive updates, and assignments. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.