

## Course Options

The following are interdisciplinary courses centered on career-life exploration and planning.

### **INTD 13**

INTD 13 is an introduction course to career-life planning. This course focuses on self-assessment, exploration of career and college majors, career decision making, exploration of internships, and career preparation. Freshman and sophomore students who are undecided about their academic major and/or future career options are recommended to take this course.

### **INTD 14**

INTD 14 is a career-life planning course for students interested in defining their career goals and preparing for graduate school/job search. This course focuses on career selection, career and graduate school preparation and job search strategies. Sophomores, juniors and seniors are strongly recommended to this course.

### **INTD 299**

INTD 299 is a course that is intended to support the core learning that takes place while a student participates in an academically-related internship. Course content and assignments enables students to reflect on their day-to-day, hands-on experience, enhance existing skills, acquire new skills, apply content and theory learned in coursework (major, minor and liberal education), create professional contacts, strengthen their resumes, and learn from professionals in the field. This internship course offers you the option to receive academic credit for participating in an internship. This [INTD 299 Flow Chart](#) will help you decide if it is best to register for an internship in a summer course or during an academic semester. Varying credits of "0" to 3" are available.

For registration information visit [MyWhittier](#).