

Reinvent yourself!

Life and Career Options Program



Reinvent yourself at Clackamas Community College.

This program is for adults who face barriers with education, or who have experienced a major life transition. We will help build your confidence and support your efforts to make a better life for yourself and your family.



Clackamas
Community College
COUNSELING

Ready to transform your life?

The Life and Career Options Program (LCOP) is designed specifically for people who have experienced a major life transition. Examples include people who are going through divorce or are widowed, returning to school after a long break or coming to college for the first time, looking for a career change or forced to change careers due to injury or layoffs, looking for a career after involvement with the justice system, in recovery from addictions, or are experiencing other major life transitions.

CCC's Life and Career Options courses can help if you are looking to:

- Re-enter the workforce
- Make a fresh start
- Update job skills
- Gain additional training
- Go back to school

The confidence-boosting coursework and activities in LCOP will help you explore career options and educational opportunities.

What will I learn?

- How to navigate change/transition
- Career interests/skills evaluation
- Values clarification
- Time management
- Transferable skills
- Research careers
- Career and education planning
- How to create a resume, cover letter, and other job search documents
- Personality preferences and styles
- Interviewing techniques and practice
- Decision-making styles
- Goal setting/action planning
- Effective networking
- How to create a portfolio

Can I afford the time and money?

- LCOP is tuition-free and costs \$80 in fees.
- Financial 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 live (either in person or on Zoom) with 2 hours of additional online coursework, plus homework assignments.
- LCOP courses are “pass” or “no pass.”
- This class is typically offered in fall and spring terms

Who are good candidates?

- People interested in returning to college and exploring career options.
- People who are going through or recently experienced a major life transition.
- Individuals who are nervous about starting college after a break from education.

For more information, visit
www.clackamas.edu/LCOP.

Questions?

Email counseling@clackamas.edu or
call 503-594-3176.



“The Life and Career Options Program at Clackamas Community College literally changed my

life. I walked into what I thought was an easy class, but was confronted with an unexpected question: ‘What did I want to do with my life?’

The counselors at LCOP helped me answer that question, go back to school, get a degree I always dreamed of and live a life beyond my wildest expectations. I will forever be grateful to them for their guidance and support and look forward to sharing my story with others.”

— Debbie Ethell, CCC alum and cofounder of the KOTA Foundation for Elephants



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