Chabot College Institutional Core Values and Framework

A. Vision

Chabot College is a learning-centered institution with a culture of thoughtfulness and academic excellence, committed to creating a vibrant community of lifelong learners.

B. Mission Statement

Chabot College is a public, comprehensive community college that prepares students to succeed in their education, progress in the workplace, and engage in the civic and cultural life of the global community. The college furthers student learning and responds to the educational needs of our local population and economy. The college serves as an educational leader, contributing its resources to the intellectual, cultural, physical, and economic vitality of the region. Recognizing that learning is a lifelong journey, the college provides opportunities for intellectual enrichment and physical well-being of all community members who can benefit.

C. Values

LEARNING AND TEACHING
- Supporting a variety of teaching philosophies and learning modalities.
- Providing an environment conducive to intellectual curiosity and innovation.
- Encouraging collaboration that fosters learning.
- Engaging in ongoing reflection on learning by students and by staff.
- Cultivating critical thinking in various contexts.
- Supporting the development of the whole person.

COMMUNITY AND DIVERSITY
- Building a safe and supportive campus community.
- Treating one another with respect, dignity, and integrity.
- Practicing our work in an ethical and reflective manner.
- Honoring and respecting cultural diversity.
- Encouraging diversity in our curriculum and community of learners.

INDIVIDUAL AND COLLECTIVE RESPONSIBILITY
- Taking individual responsibility for our own learning.
- Cultivating a sense of social and individual responsibility.
- Developing reflective, responsible, and compassionate citizens.
- Playing a leadership role in the larger community.
- Embracing thoughtful change and innovation.
The General Health Unit recognizes that health is an integration of many aspects of an individual’s life. The healthier an individual, the better equipped he/she will be to meet challenges in his/her personal and professional life.

The Mission of the General Health Unit is to deepen students’ awareness of health behaviors and issues that are commonly found in our present-day society. By providing long-lasting tools to aid in their development of skills, students are empowered with the knowledge necessary to decrease their risk of developing preventable, and at times, chronic diseases during their lifetime. These lifelong tools allow individuals to apply their learning beyond their college career which will ultimately enrich their quality of life and longevity.

The following courses are offered by this unit: Introduction to Nutrition, Introduction to Health, Women and Health, and Human Sexuality. All of the courses are transferable to USC, UC, CSU/GE. Introduction to Health and Women and Health fulfill the General Education requirement for the Associate in Arts Degree.