

A. Division: Educational and Student Services Date: January 9, 1991
 B. Department: Student Services & Developmental Education New Course:
 Revision of Course:
 Dated: March 29, 1982

C. HUD 100 D. PERSONAL DEVELOPMENT E. 3
 Subject & Course No. Descriptive Title Semester/Credits

F. Calendar Description:

This course is designed to help you understand the factors that influence behaviour and learn how to take charge of your own life. The focus will be on increasing self-awareness and knowledge as a stepping stone to personal growth and responsibility. The class will deal with developing self-acceptance and trust, clarification of values, self-confidence, and skills useful in dealing with stress, problem solving, and decision making.

Summary of Revisions:
 (Enter date and Section Revised)
 e.g. 1982-08-25
 Section C,E,F, and R.
 1991-01-11
 Section F

G. Type of Instruction:		Hrs. Per Week/ Per Semester	H. Course Prerequisites:
Lecture	_____	Hrs.	N11
Laboratory	_____	Hrs.	
Seminar	<u>3</u>	Hrs.	I. Course Corequisites:
Clinical Experience	_____	Hrs.	N11
Field Experience	_____	Hrs.	J. Courses for which this Course is a Pre-requisite:
Practicum	_____	Hrs.	
Shop	_____	Hrs.	
Studio	_____	Hrs.	
Student Directed Learning	<u>1</u>	Hrs.	K. Maximum Class Size:
Other (Specify)	_____	Hrs.	25
Total	<u>4</u>	Hrs.	

L. College Credit Transfer
 College Credit Non-Transfer
 Non-Credit

M. Transfer Credit: Requested
 Granted

(Specify Course Equivalents or Unassigned Credit as Appropriate)
 U.B.C.
 S.F.U.
 U. Vic.
 Other

Alexa Strauss
 Course Designer(s)

P. H. Ongers
 Registrar

[Signature]
 Director/Chairperson

[Signature]
 Divisional Dean

N. Textbooks and Materials to be Purchased by Students (Use Bibliographic Form):

A separate bibliography will be provided by the instructor.

No textbook

Complete Form with Entries Under the Following Headings: O. Course Objectives; P. Course Content; Q. Method of Instruction; R. Course Evaluation

O. OBJECTIVES

To help a student to:

1. increase self awareness;
2. increase understanding of factors that influence behaviour;
3. learn to accept and trust oneself;
4. develop a willingness to accept responsibility for one's actions;
5. realize one's strengths and weaknesses as a potential source of growth;
6. establish confidence in ability to take charge of one's life.

P. CONTENT

1. Main dimensions of one's frame of reference (self).
2. Definition of behaviour.
3. Factors that motivate behaviour.
4. Personal style of relating to self and others.
5. Problem solving.
6. Understanding feelings.
7. Self-control.
8. Commitment to growth.
9. Action planning.

Q. METHOD

The student will learn through active participation in group interaction. Although some information will be gained through discussion and oral communication, the primary emphasis will be experiential.

Dyads, triads, and small groups will be used to involve the student in interaction with group members.

Short lectures and some audio-visual presentations will be used.

R. EVALUATION

Due to the experiential nature of the course, regular attendance is necessary to maximize the learning of the students. The specific weighing and number of the following factors will be determined by the instructor in accordance with college policy.

1. A weekly journal will be written in which learning derived from the classed activities will be described.
2. Completion of various assignments, exercises, inventories, etc.
3. Quizzes and/or tests.
4. Report on reading about topic(s) related to the course content and objectives.
5. A final written summary of the learning and growth which the student has experienced during the course.
6. An action plan designed to promote personal growth.
7. Participation in class activities.