

CHSD 105I Personal Development & Interaction

2 credits, 30 hours

Course Description

The emphasis in this course will be on the growth of each individual in relation to others. Students will set goals for personal growth by identifying personal values, needs, roles, biases, strengths and weaknesses. Students will demonstrate self-awareness and increased effectiveness in relationships by practicing appropriate self-disclosure, giving and receiving feedback, and expressive and receptive communication skills. They will identify and assess whether their personal qualities match with the qualities necessary for a childhood professional

No Prerequisites and/or co-requisites

Instructor

Priscilla Lothian-Hendrix

CC 202

780.715.3900

Priscilla.Hendrix@keyano.ca

Office Hours

Monday 4:00 pm – 5:50 pm

Tuesday 4:00 pm – 5:50 pm

Friday 2:00 pm – 2:50 pm

Hours of Instruction

Online: Wednesday

Required Resources

Covey, S. (2014). *The 7 Habits of Highly Effective Teens*. New York, NY: Touchstone Books.

Rosenberg, M. (2015). *Non-violent communication: A language of life. (3rd Edition)*. Encinitas, CA: Puddle Dancer Press.

Course Outcomes

Upon successful completion of this course, the student shall be able to:

- Increase self-awareness and recognize personal accountability for feelings, needs and actions.
- Identify and explain the influences that values, beliefs, perceptions and biases have on verbal and non-verbal communication.
- Examine and work to improve communication skills - both receptive (active, reflective and empathic listening) and expressive (affirmations, clear expectations and I-messages).
- Practice giving and receiving feedback to achieve more authentic personal and professional relationships, using the Nonviolent Communication model.
- Demonstrate growth of communication abilities in interactions with adults.
- Explore the fit between effective communication and the attitude of caring in the childhood development profession.

Evaluation

| Assignment | Percentage | Due Date |
|--|-------------------|--|
| Weekly discussion and reflections. Responses in discussion and group work forums. | 50% | Weekly posting PLUS group work and conversations with others, begin on Wednesdays and due each week by following Tuesday evening 11.55pm |
| Personal Story | 30% | Tuesday October 30th |
| Self-Evaluation of skills, knowledge, application | 20% | Tuesday November 27th |

A grade of C- is required for progression or transfer.

Grading System

| Legend | | | |
|-------------------------|--------------------|------------------|-------------------|
| Percentage Scale | Alpha Grade | 4.0 Scale | Descriptor |
| 94-100 | A+ | 4.0 | Excellent |
| | A | 4.0 | |
| 90-93 | A- | 3.7 | |
| 86-89 | B+ | 3.3 | Good |
| 80-85 | B | 3.0 | |
| 75-79 | B- | 2.7 | |
| 70-74 | C+ | 2.3 | Satisfactory |
| 65-69 | C | 2.0 | |
| 60-64 | C- | 1.7 | |
| 56-59 | D+ | 1.3 | Poor |
| 50-55 | D | 1.0 | Minimum Pass |
| 0-49 | F | 0.0 | Failure |

Proposed Schedule of Topics

- ❖ Intro/Overview, Giving from the heart,
- ❖ Knowing ourselves and each other
- ❖ Covey's Foundational Principles
- ❖ Be Proactive
- ❖ Begin with the End in Mind, (Personal Mission Statement)
- ❖ Put 1st Things 1st
- ❖ Think Win-Win
- ❖ Seek First to Understand, then to be Understood
- ❖ Nonviolent Communication: What is it?
- ❖ Observation and Evaluation
- ❖ Feelings in communication
- ❖ Expressing Requests
- ❖ Receiving Empathically

- ❖ The Power of Empathy and Self-Empathy
- ❖ Synergize
- ❖ Sharpening the Saw

Please Note:

Date and time allotted to each topic is subject to change.

Performance Requirements

Student Responsibilities

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a students' learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work will not be graded until you show this signed certificate.

Specialized Supports

The Student Academic Support Services (SASS) department: Accessibility Services, Skill Centre and Wellness Services, work together to support student success at Keyano College.

Accessibility Services (CC167) supports student success through group and individualized instruction of learning, study and test taking strategies, and adaptive technologies. Students with documented disabilities, or who suspect a disability, can meet with the Learning Strategists to discuss accommodation of the learning barriers that they may be experiencing. Students who have accessed accommodations in the past are encouraged to visit our office at their earliest opportunity to discuss the availability of accommodations in their current courses. Individual appointments can be made by calling 780-791-8934

Skill Centre (CC119) provides a learning space where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff. Students visiting the centre have access to one-to-one or group tutoring, facilitated study groups, and assistance in academic writing. The Skill Centre's Peer Tutor program provides paid employment opportunities for students who have demonstrated academic success and want to share what they have learned. Tutoring is available free to any students registered at Keyano College on a drop in basis, from 9:00 am to 5:00 pm Monday through Friday. Additional evening hours are subject to tutor availability and are posted in the Skill Centre.

Wellness Services (CC260) offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. The Mindfulness Room in CC260 is available as a quiet space for students to relax during regular office hours. Wellness Service welcomes students to participate in any of the group sessions offered throughout the academic year addressing such topics as Mindfulness and Text Anxiety. Individual appointments can be made by calling 780-791-8934.

Please watch your Keyano email for workshop announcements from our Student Academic Support Services team.