

SEPTEMBER 2003 CURRICULUM GUIDELINES

A. Division: Instruction Effective Date: August 2003

B. Department / Faculty of Child, Family and Community Studies

M:	Course Objectives / Learning Outcomes				
		Upon successful completion of this course, the student will be able to:			
	I. Demonstrate ability to care for self in the domains of physical, emotional, social, intellectual and spiritual wellness				
		1.	Research the domain	s of wellness	
		2.	Assess own wellness	experience using a variety of instruments	
	II. Demonstrate beginning reflective writing skills				
		1.	structured writing, a	asic reflective writing to own experience: (free-writing, ccepting feedback about writing, incorporating analysis into	
		2.	own reflective writing Develop understand	g) ing of relationship between reflective writing and self	
			awareness		
		3. Develop knowledge of personal boundaries			
	III. Develop understanding of basic stress management techniques				
		1.	Assess own style of m		
		2.	Research theories of		
		3.		anagement into own life	
	IV. Demonstrate basic self-awareness				
		1.		about personal wellness	
		2.		about basic interpersonal skills	
	V. Develop beginning work group skills.				
		1.		ng and communication skills	
		2.		roup process skills such as group structure, communication,	
			listening, providing f	eedback, problem-solving, assertiveness and facilitation.	
N:	Course Content: The following global ideas guide the design and delivery of this course:				
	Personal wellness is an essential component of preparing oneself for the human services field				
	Wellness is a holistic concept that encompasses the body, mind and spirit of the individual				
	Self-awareness is an important component of wellness				
	Wellness includes group work				
	Wellness includes and understanding of stress and how to deal with it				
O:	Method	s of Instructi		g of stress and now to dear with it	
	Lecture				
	Group work				
	Experiential classroom activities				
	Student presentations				
	Guest speakers				
	Audio-visual presentations				
	Textbooks and Materials to be Purchased by Students				
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Q:	Means of Assessment: This course will conform to Douglas College policy regarding the number and				
	weighting of evaluations. This is a Mastery/Non-Mastery course.				
	Reflective Writing				
	Group Presentation				
	Self-Evaluation				
	Participation				
	Other				
R:	Prior Learning Assessment and Recognition.				
	This course is available for PLAR.				
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Course Designer(s): Nancy Newman, Carol			y Newman, Carol	Education Council / Curriculum Committee	
How	orth, Bru	ıce Hardy.		Representative	
D :		-		Desistan	
Dear	Dean: Jan Lindsay			Registrar	