COMMON COURSE OUTLINE: Course discipline/number/title: PL 1102: Self Esteem

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 15 hours per semester
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

Origins of one’s self esteem; impact of self talk, positive affirmations; value of realistic goal setting; impact of distorted and irrational thinking; features, characteristics and manifestations of perfectionism and procrastination; value of one’s support system; self evaluation. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College-level writing skills as determined by completing one college-level writing course, or appropriate writing score on RCTC placement test or ACT.

B. DATE LAST REVISED (Month, year): January, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Definitions of self esteem, perfectionism, procrastination, including origins and positive and negative cycles.
2. Self talk as related to rational and irrational thinking.
3. Compassion-understanding acceptance and forgiving.
4. Risk taking
5. Coping skills to overcome paralysis toward goal setting.
6. Goal setting
7. Support system

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
Identify and work on eliminating irrational beliefs, negative self talk, and be able to relearn self talk as an appropriate means of coping; establish self methods to best use time instead of procrastination; identify the impact of “fear” on self esteem and its relationship to success, failure, separation and control. Develop a goal-setting plan.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Worksheets
2. Class activities
3. Option of daily journal summarization of 6 journal articles
4. Taking a final exam
5. Grades on P-N or A-F

G. SPECIAL INFORMATION (if any): None