COMMON COURSE OUTLINE: Course discipline/number/title: PSYC 1600: Positive Life Skills

A. CATALOG DESCRIPTION
   1. Credits: 3
   2. Hours/Week: 3
   3. Prerequisites (Course discipline/number): None
   4. Co-requisites (Course discipline/number): None

This course will focus on understanding and developing successful life skills, what success is, and how to achieve it. Through exposure to major learning and developmental theories, readings, guided journals, cases studies in critical thinking, self assessment inventories, and group activities, students will discover how to make wise decisions that enable them to experience greater self-awareness, self-management, creative and critical thinking, emotional intelligence, and lifelong learning skills that lead to academic, personal, and professional success.

B. DATE LAST REVISED (Month, year): January, 2009

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Adult learning theory
   2. Adult development
   3. Emotional intelligence
   4. Personal responsibility and application
   5. Motivational theory and self motivation
   6. Personal self-management
   7. Behavior modification
   8. Interpersonal relationship theory and interdependence
   9. Self-esteem
   10. Self-awareness
   11. Effective writing, speaking, listening skills
   12. Critical and creative thinking skills

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Understand how learning and developmental theory applies to self and the role this understanding plays in addressing life issues.
   2. Understand personal learning style and how to maximize one's own learning potential.
   3. Develop awareness of their own thinking and problems solving procedures.
   4. Use the principles and methods of behavioral psychology to modify self defeating behaviors, thoughts, and emotions.
   5. Learn effective strategies for managing distressing emotions and increasing one's inner sense of happiness.
   6. Learn numerous strategies for taking control of time and energy.
   7. Demonstrate improved speaking, writing, and listening skills that will enhance personal success.
   8. Demonstrate awareness of their attitudes regarding diversity.
   9. Learn how to develop mutually supportive relationships that will support goal achievement in a diverse society.
   10. Use and critique theories of personal motivation.
   11. Create greater personal motivation by discovering personal meaningful life outcomes and experiences.
   12. Use critical thinking when making decisions and judgments.
   13. Identify and apply personal skills and qualities for excelling in life.
   14. Use and critique alternative theories of personal development.
   15. Develop and communicate alternative strategies for addressing personal and social issues.

E. LEARNING OUTCOMES (MNTE):
   Goal 2/Critical Thinking: The student will be able to:
   1. Gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.
   2. Imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives, which can give alternative meanings or solutions to given situations or problems.
E. LEARNING OUTCOMES (MNTC): Continued.

3. Analyze the logical connections among the facts, goals, and implicit assumptions relevant to a problem or claim; generate and evaluate implications that follow from them.

Goal 5/History and the Social and Behavioral Sciences: The student will be able to:
1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Use and critique alternative explanatory systems or theories.
3. Develop and communicate alternative explanations or solutions for contemporary social issues.

Goal 7/Human Diversity: The student will be able to:
1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts, and beliefs regarding diversity, racism, and bigotry.
3. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

1. In-class writing.
2. Oral and written quizzes
3. Group projects and presentations
4. Weekly journal entries
5. Final success project
6. Final comprehensive exam
7. Personal portfolio

G. SPECIAL INFORMATION (if any): None