

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT**

**CD1080
PERSONAL DEVELOPMENT I**

HOURS: 30

CREDITS: 2

SEMESTER: _____

INSTRUCTOR: _____

PHONE: _____

TEXT: _____

COURSE DESCRIPTION:

Personal Development I exposes the learner to a variety of theories in adult growth and development. The course introduces techniques of effective communication and extends this with an emphasis on understanding assertive, non-assertive and aggressive behaviours.

COURSE OUTLINE REVISED: MAY, 1998

CD1080

PERSONAL DEVELOPMENT I

UNITS

UNIT 1

The learner will demonstrate an understanding of current theories of adult growth and development.

UNIT 2

The learner will be introduced to and practice strategies which can be utilized to improve communication skills.

UNIT 3

The learner will demonstrate an awareness of the differences between non-assertive, aggressive and assertive behaviours and be able to reflect on his/her own behaviour and its impact on others.

PERSONAL DEVELOPMENT I

Unit One: The learner will demonstrate an understanding of current theories of adult growth and development.

Objectives: Upon successful completion of this unit the learner will be able to:

1. Apply influential and/or current theories of adult growth and development including Erikson, Sheehy, Rogers and others.
2. Discuss and evaluate research in the field of adult development and humanistic psychology as it relates to their own personal experience.

PERSONAL DEVELOPMENT I

Unit Two: The learner will be introduced to and practice strategies which can be utilized to improve communication skills.

Objectives: Upon successful completion of this unit the learner will be able to:

1. Appreciate the need for effective communication skills.
2. Demonstrate non-verbal forms of communication and the impact of these on overall communication including:
 - eye contact
 - defining personal space
 - hand gestures
 - body stance
 - facial expressions
3. Demonstrate specific effective communication skills including:
 - non-judgmental responses
 - paraphrasing
 - attending behaviour (ie: eye contact, staying on topic, body language)
 - expression of feelings/self-disclosure
 - reflection of feelings
 - behaviour description
 - active listening
 - "I" messages
4. Demonstrate methods to overcome such blocks to communication as:
 - moralizing
 - cliches
 - advice giving
 - sarcasm
 - patronizing
 - avoidance

PERSONAL DEVELOPMENT I

Unit Three: The learner will demonstrate an awareness of the differences between non-assertive, aggressive and assertive behaviours and be able to reflect on his/her own behaviour and its impact on others.

Objectives: Upon successful completion of this unit the learner will be able to:

1. Identify assertive, aggressive, and nonassertive behaviours.
2. Identify strategies for effective assertiveness.
3. Identify personal behaviours and assess these behaviours impact on others.
4. Identify established behaviour patterns with others.
5. Formulate and practice "I" messages.
6. Identify problem ownership in conflict situations.
7. Take risks in communicating with others.

CD 1080
Personal Development I

Upon successful completion of this course students will have acquired and demonstrated specific knowledge skills and attitudes.

They will gain knowledge of:

1. Influential and current theories of adult growth and development.
2. Research in adult development and humanistic psychology.
3. Effective communication strategies that include specific communication skills, body language and awareness of how to avoid specific communication barriers.
4. Differences between nonassertive, aggressive, and assertive behaviour.
5. Their own verbal and nonverbal behaviours impact on others.

They will gain skill in:

1. Applying theories of adult growth and development to their personal lives.
2. Identifying effective communication skills and applying these to interpersonal relationships.
3. Enabling themselves to improve verbal and non verbal communication skills.

They will develop attitudes which reflect:

1. An appreciation for clear, direct communication.
2. An openness to other people's perspectives and attitudes (active listening skills).
3. A supportive attitude towards changes in one's own life as well as others.