

**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. Learners will gain an ability to establish measurable goals related to work, leisure and educational pursuits.

**COURSE OUTLINE REVISED: JUNE, 1995**

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**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.

**UNIT 4**

The learner will examine the interrelationships between work, leisure and education and develop a plan to fulfil those needs.

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**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.

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**Unit Two: The student 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 specific effective communication skills including:
  - non-judgemental responses
  - paraphrasing
  - attending behaviour (ie: eye contact, staying on topic, body language)
  - expression of feelings/self-disclosure
  - reflection of feelings
  - behaviour description
  - combining skills to active listen
3. 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
4. Demonstrate methods to overcome blocks to communication such as:
  - moralizing
  - cliches
  - advice giving
  - sarcasm
  - patronizing

- avoidance

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**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 which are:
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.

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**Unit Four: The learner will examine the interrelationships between work, leisure and education and develop a plan to fulfil those needs.**

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

1. Carry out life-work planning which will enable the learner to meet life goals.
2. Set objectives that are measurable in time and performance and focus on individual life goal plans:
3. State objectives that identify work, leisure and educational priorities, establish specific strategies and establish specific time lines.

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**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.
6. The process involved in carrying out life work planning which enables the learner to meet his/her life goals.
7. How to set objectives for lifelong learning goals.

**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.
4. Planning strategies to meet short and long term life goals that balance work, leisure and educational endeavours.

**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 belief in the importance of planning and evaluating short and long term life goals that balance leisure, work and educational pursuits.
4. A supportive attitude towards changes in one's own life as well as others.