

1990-91

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GRANDE PRAIRIE REGIONAL COLLEGE

DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT

PERSONAL DEVELOPMENT I

CD108

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PERSONAL DEVELOPMENT I

COMPETENCIES

COMPETENCY 1

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

COMPETENCY 2

The student will identify and practice strategies which can be utilized to improve his/her communication skills.

COMPETENCY 3

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

COMPETENCY 4

The student will examine the inter-relationships between work, leisure and education and develop a plan to fulfill all three needs.

CD108 PERSONAL DEVELOPMENT I

COMPETENCY 1

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

Learning Tasks:

1. Become acquainted through reading and discussion with some of the current theories of adult growth and development.
2. Examine the progression of your own life in light of research findings in the field of adult developmental humanistic psychology.
3. Write a three page account explaining the main features of one theory of adult growth and development and relate your own life to this theory.

CD108 PERSONAL DEVELOPMENT I

COMPETENCY 2

The student will identify and practice strategies which can be utilized to improve his/her communication skills.

Learning Tasks:

1. Assess current interpersonal communication skills and identify personal strengths and weaknesses.
2. Through films, reading and class discussion examine the principles of good verbal communication.
3. Identify non-verbal forms of communication and examine the impact of these on overall communication.
4. Through a variety of experiential exercises look at different styles of communication both in group and one-to-one situations.
5. Identify blocks to communication; explore and discuss ways of overcoming such blocks.
6. Practice effective communication techniques both in and out of class and report back to the class on the impact of using such skills.

CD108 PERSONAL DEVELOPMENT I

COMPETENCY 3

The student 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.

Learning Tasks:

1. From class discussions and readings, be able to define what is meant by assertiveness and how it differs from aggressiveness/non-assertiveness.
2. Participate in a series of class exercises that address the following:
 - verbal and nonverbal cues in assertive, non-assertive and aggressive behaviours
 - awareness of one's own behaviour and its effect upon others
 - description of situations in which assertiveness, non-assertiveness and aggressiveness are practiced
 - strategies for practicing assertiveness more effectively
 - developing a measure of how effective you are in being assertive
3. Keep a journal for a period of three weeks in which you chart the times you were assertive, non-assertive and aggressive. Guidelines will be provided by the instructor.

CD108 PERSONAL DEVELOPMENT I

COMPETENCY 4

The student will examine the inter-relationships between work, leisure and education and develop a plan to fulfill all three needs.

Learning Tasks:

1. Through films, readings and discussion examine the complexity of human needs related to work, leisure and education.
2. Participate in class exercises designed to help focus on priorities in one's life.
3. Explore the concept of life-work planning and determine what parts of this process could be applicable to your life.
4. Develop strategies which could be used to help achieve personal goals.