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GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF
EARLY CHILDHOOD DEVELOPMENT

CD208
PERSONAL DEVELOPMENT II

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PERSONAL DEVELOPMENT II

COMPETENCIES

COMPETENCY 1

The student will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.

COMPETENCY 2

The students will gain further insights related to the importance of self awareness and the communicative processes.

COMPETENCY 3

The student will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.

COMPETENCY 4

The student will become acquainted with strategies for identifying and resolving conflict in the workplace.

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COMPETENCY 1

The student will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.

Learning Tasks:

1. To review and explore (in-depth) through in class discussion, study and role playing actualization theories previously studied.
2. Identify personal strengths and weaknesses through introspection (contemplation), discussion and in class activities.
3. Develop a plan to utilize and make pragmatic those concepts of self awareness in order to realize your own self worth and share it with others.

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COMPETENCY 2

The student will gain deeper insights to the importance of self awareness and the communicative processes.

Learning Tasks:

1. Become familiar with the concept of intrapersonal communication as it relates to intrapersonal communication.
2. Study, discuss and utilize the Johari Window concept as it relates to communication.
3. Re-identify and explore in-depth personal blocks to communication and construct a plan of action you can share with others.

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COMPETENCY 3

The student will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.

Learning Tasks:

1. From readings and class discussion be able to identify the symptoms of burn-out and career related stress.
2. Complete self-scoring questionnaires that measure your responses to stress. Be prepared to share some of your findings with the group.
3. Using at least 3 references prepare a paper of a least 3 pages in length (single spaced) describing strategies for coping with stress and burn-out. Cite at least two scholarly references.

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COMPETENCY 4

The student will become acquainted with strategies for identifying and resolving conflict in the workplace.

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.