

GRANDE PRAIRIE REGIONAL COLLEGE

ADULT DEVELOPMENT DEPARTMENT

COURSE OUTLINE

Course Name: ASSERTIVENESS TRAINING (CM061)  
Instructor: La Vern Stangeland Office # - A107  
Date: January - February 1991  
Time: 1:35 - 2:25 p.m. Monday and Wednesday  
Room: A 105

- Course Objectives:
- to introduce students to the components of assertive behavior.
  - to provide students with the opportunity to identify areas in their lives where assertion would benefit them.
  - to provide students with an opportunity to practice making responses in controlled situations.
  - to provide support through feedback as students apply assertive principles to life situations.

Evaluation: BREAKDOWN OF STUDENT'S MARKS FOR THE ENTIRE COURSE

6 assignments ( 6 x 5% each )..... 30 %

Note: Assignments are due the next class after being handed out. It is up to each student to insure these assignments are handed in on time. 2% will be deducted for late assignments.

10 % for participation..... 10 %  
1 final exam (Feb. 18)..... 60 %  
Total possible marks for this course..... 100 %

Note: A student must have 60 % or better to receive credit for this course.