

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF REHABILITATION SERVICES

RP2315 LIFESTYLE PLANNING FOR LIVING AND LEARNING

Fall 1995: September 7 to December 8, 1995

Class times: Block 1 - September 7 to October 27
M. W. F. 10:30 to 11:50

Block 2 - October 30 to December 8
M. 8:00 to 9:50

Prerequisites: RP1200, RP1202, RP1203, RP1206

Location: G111

Instructor: Marsha Zalik

Office: H230

Phone: 539-2894

COURSE DESCRIPTION

This course provides students with the opportunity to explore the concept of planning as it applies to quality of life. The course requires application of the values and principles explored in RP1100 and RP1200 as well as the assessment and programming skills developed in RP1102 and RP1202.

TEXT

Galambo, Diane. **Planning...to have a life: Individualized planning for quality of life.**
Ontario: Sheridan College Learning Materials Services, 1995.

CLASS FORMAT

Classes will consist of lectures, discussions and small group work. Students will be required to demonstrate practical application of the concepts covered.

COURSE OBJECTIVES

Students will:

1. Define PLANNING, its purpose, components and underlining principles.
2. Identify and discuss key factors of positive quality of life.
3. Identify, describe, discuss and apply a variety of strategies applicable to each of the following components of a value based planning process:
 - a. understanding the person (assessment)
 - b. deciding (development of goals)
 - c. doing (implementation)
 - d. reviewing (evaluation)

STUDENT EVALUATION

Assignments 60%

- I. PLANNING...TO HAVE A LIFE, (personal edition) (20%)

You will apply concepts covered to develop a personal plan for yourself. The plan will be written and submitted in 4 parts.

1. Personal Profile (5%)
2. Goals (5%)
3. Action Plan (5%)
4. Review Plan (5%)

- II. PLANNING...TO HAVE A LIFE, (case study edition) (25%)

You will work collaboratively in groups to develop a personal plan for a fictitious client. Each group member will role play or take the perspective of a specific member of the planning team for the entire duration of this course. The group will be provided with a summary of a case file. Students will add to this by "supplying" information from their area of expertise (as defined by the assigned role).

The instructor will assign you to a specific group. You will draw names to determine your role in that group.

The plan will be written and submitted in 4 parts.

1. Personal Profile (6%)
2. Goals (6%)
3. Action Plan (7%)
4. Review Plan (6%)

Grading: Groups are responsible for the distribution of marks amongst their members. For instance, if an assignment earns an 80% and there are 4 members the group will be awarded 320 (4 x 80) points. The group will divide the marks and submit the distribution to the instructor.

e.g.	John	70%
	Paul	90%
	George	75%
	Ringo	85%

Total	320
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III. SELF - REPORTS (15%)

You will submit 3 individual reports analyzing the group process and your role in it. Each report will include.

1. a description of how you contributed to the team.
2. a summary of what you learned about team work including.
 - i. what worked well and added to the effectiveness of the group
 - ii. what barriers interfered with the effectiveness of the group
 - iii. how barriers were handled/responded to
 - iv. how the process could have been improved
3. a description of how your own strengths and needs were reflected in and contributed to the group process.

Exams 40%

1. MID-TERM (20%)

Grading: Mid-term exams will be returned to students with grades but with NO FEEDBACK or corrections. Students will not be told which answers are right and which are wrong.

Students will be grouped (in 2's and 3's) with classmates whose grades are similar. Groups will work together to correct the exams and improve the grades. Exams will be resubmitted, remarked and returned. Students will be awarded the original grade or the new group grade, whichever is higher.

II. FINAL (20%)

The Final Exam will be written during Exam Week in December.

Grades

Grande Prairie Regional College uses a 9 point grading system. Grades are assigned as follows:

9	90 - 100%
8	80 - 89%
7	72 - 79%
6	65 - 71%
5	57 - 64%
4	50 - 56%
3	45 - 49%
2	26 - 44%
1	0 - 25%

To receive credit for this course you must achieve a minimum of 65% or a 6.

RULES AND REGULATIONS

1. Assignments must be submitted by 4:00 p.m. on or before the date they are due. Late assignments will be penalized at a rate of 5% per day. For instance, an assignment given a grade of 75% would be awarded 70% if it is one day late, 65% if it is two days late, and so on.
2. Any student not able to write an exam on the date or time it is scheduled must speak with the instructor PRIOR to the set date. If the instructor decides to excuse the absence, an alternate date will be negotiated.

CLASS SCHEDULE

The attached class schedule is as accurate as can be prepared at the beginning of the course. Please consider it tentative as changes in content and scheduling may be necessary as we progress through the course.