

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF REHABILITATION SERVICES**

**RP2315 LIFESTYLE PLANNING FOR LIVING AND LEARNING**

**Winter 1997:** January 6 - February 21, 1997

<b>Class times:</b>	<b>Monday</b>	<b>8:30 - 9:50</b>	<b>Location:</b>	<b>B206</b>
	<b>Wednesday</b>	<b>8:30 - 9:50</b>		<b>B206</b>
	<b>Friday</b>	<b>8:30 - 9:50</b>		<b>B206</b>
		<b>2:00 - 3:20</b>		<b>E301</b>

**Prerequisites:** RP1100, RP1102, RP1203 (or permission of instructor)

**Instructor:** Marsha Zalik

**Office:** H230

**Phone:** 539-2894

**COURSE DESCRIPTION**

This course provides students with the opportunity to develop skills for person-centered lifestyle planning. The values and principles explored in RP1100 are applied to the development of personal plans that promote and enhance dignity and quality of life.

**TEXT**

Galambos, 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. assessment
  - b. development of goals
  - c. implementation
  - d. 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 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 specified by the role assigned).

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%

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Total 320

### III. SELF - REPORTS (15%)

You will submit 3 individual reports that include

1. one specific example of something you learned from the group that you probably wouldn't have learned working alone.
2. one specific example of something the other group members learned from you that they probably wouldn't have learned otherwise.
3. a summary of what you learned about teamwork 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. a suggestion of one change the group could make to improve its performance.

## Exams

### I. MIDTERM with GROUP REWRITE (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 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. Each student will be awarded the original grade or the new grade, whichever is higher. (NOTE: the maximum gain allowable from the group rewrite is ONE stanine.)

### II. FINAL (20%)

The Final Exam will be written in the first week of March, before second year students begin practicum.

## 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.