

**GRANDE PRAIRIE REGIONAL COLLEGE  
HUMAN SERVICES DEPARTMENT**

**RP2315 LIFESTYLE PLANNING**

**Winter 2007** January 4, 2008 to April 13, 2008

Monday 1:00 – 2:50  
**Room J227**

**Credits:** 2 (30 hours)

**Co/Prerequisite:** RP1100

**Instructor:** Tanya Ray, B.C.R.

**Instructor's Office:** E401-14

**Office Hours:** TBA

Other than office hours feel free to make an appointment, drop by my office, email or call me at the office.

**Phone:** Office: 539 - 2754

**Email:** [tray@gprc.ab.ca](mailto:tray@gprc.ab.ca)

**COURSE DESCRIPTION**

The focus of this course is on strategies for supporting people with disabilities through personal planning processes intended to help them work towards and meet their individual needs, goals, and dreams. Students will practice skills for development and implementation of personal plans by making a plan for their own lives and through work on case studies.

**REQUIRED TEXT**

Galambos, Diane. Planning...to have a life: Individualized planning for quality of life. Ontario: Sheridan College Learning Materials, 1998.

## **CLASS FORMAT**

Classes will consist of lectures, discussions, small group work, and role playing. 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 a 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

## **ASSIGNMENT AND COURSE EVALUATION**

### **1. Planning...To Have A Life, (personal edition) 25%**

**Due: Feb 11, Mar 10, Mar 24**

You will apply concepts covered to develop a personal plan for yourself. The plan will be written and submitted in 3 parts.

1. Personal Profile
2. Goals
3. Action Plan

Specific instructions and requirements will be handed out in class.

### **2. Planning...To Have A Life, (case study edition) 25%**

**Due: Mar 3, Mar 17, Mar 31**

Students will work collaboratively in group 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 each student to a specific group. Group members will draw names to determine their roles in that group.

The plan will be written and submitted in 3 parts:

1. Personal Profile
2. Goals
3. Action Plan

Groups will be responsible for the distribution of marks amongst their members. Specific instructions and requirements will be handed out in class.

**3. Observation of a Personal Plan – 10%**

(Guidelines will be handed out in class. This assignment may be subject to change based on availability of personal plans.)

**4. Exams**

Exam # 1 - 15%

Exam # 2 - 15%

**5. Participation 10%**

Evaluation of participation will be based on a variety of indicators including attendance, preparation for classes, contribution to in-class group work, contribution to class discussion, etc.

Two percent of the final grade will be deducted from your final mark for every group work class missed (to a maximum of 8%).

Students are expected to attend all classes and will be responsible for content covered, assigned readings, and for any announcements that will be made in class. If a student is unable to attend a particular class, it will be her/his responsibility to find out what was missed. For optimal learning and readiness for class participation, students should read the assigned chapters and articles before coming to class on the dates indicated on the class schedule.

**Late Assignment Policy**

Assignments must be received by 4:00 p.m. **ON** or **BEFORE** the day which they are due.

**Late** assignments will be **penalized** at the rate of **5% per day**.