

**GRANDE PRAIRIE REGIONAL COLLEGE  
HUMAN SERVICES DEPARTMENT**

**RP2315 LIFESTYLE PLANNING**

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

Fridays 10:00 – 11:50  
**Room J229**

**Credits:**                2 (30 hours)

**Co/Prerequisite:**    RP1100

**Instructor:**            Theresa Suderman, B.A.

**Instructor's Office:** H204

**Office Hours:**        Tuesdays & Thursdays 10:00 – 12:00  
Other than office hours feel free to make an appointment, drop by the office, email me, or call me at the office.

**Phone:**                 Office: 539 - 2041

**Email:**                 [tsuderman@gprc.ab.ca](mailto:tsuderman@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, 1995.

## **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**

### **Planning...To Have A Life, (personal edition) 30%**

**Due: Feb 9, Mar , 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.

### **Planning...To Have A Life, (case study edition) 30%**

**Due: Mar 1, Mar 22, Mar 29**

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.

3

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.

### **Exams**

Exam # 1 15% February 23

Exam # 2 15% March 31

### **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.

4

final grade 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**.

6

## **RP2315 TENTATIVE CLASS SCHEDULE**

### **Date Topic Readings Activity**

Jan 7 Introduction; review course outline; expectations

Jan 12

Jan 14

No Class

Team Work

Jan 19

Jan 21

Planning Principles

Quality of Life

pp. 7-11

pp.13-30

Jan 26

Jan 28

Quality of Life  
MAPS  
Video  
Feb 2  
Feb 4  
Understanding  
Personal Profile – Case Study  
pp. 31-61  
Group work  
Feb 9  
Feb 11  
No Class  
Personal Profile – Case Study  
**Personal Profile –  
Individual Due**  
Group work  
Feb 16 -  
Feb 20  
Winter Break  
Feb 23  
Feb 25  
Exam  
Guest Speaker – Katherine Fleming  
**Exam # 1**  
Mar 1  
Mar 3  
Deciding  
Goals and Goal Planning  
pp. 63-76  
pp. 76-103  
**Personal Profile –  
Case Study Due**  
**Date Topic Readings Activity**  
Mar 8  
Mar 10  
No Class  
Goals – Case Study  
**Goals – Individual  
Due**  
Group work  
Mar 15  
Mar 17  
Doing  
Action Plan  
pp. 105-144  
Mar 22

Mar 24

Action Plan – Case Study

Reviewing

pp. 145-156

Group work

**Goals – Case Study**

**Due**

**Action Plan –**

**Individual Due**

Mar 29

Mar 31

Catch-up, group work, review

Exam

**Action Plan – Case**

**Study Due**

**Exam # 2**

7