

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

PSY 20 - Personal and Social Growth and Wellness

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU

51 hours Lecture

This course is designed with an applied focus on how psychology is used in everyday life and is related to the other social sciences. Emphasis is placed on exploring ideas of the Self in relationship with others, society and the world. Students are provided with life long skills to enhance their motivation toward continued self exploration and to maintain a healthy mental/intellectual, physical, emotional, spiritual, and social life.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Analyze current psychological theories and research on mental, physical and emotional wellness.
- B. Identify strategies for understanding and navigating interpersonal relationships, including communications skills and conflict resolution
- C. Analyze one's unique personality preferences, styles and strengths.
- D. Develop self understanding and personal management through guided imagery, relaxation, and meditation techniques.
- E. Develop an awareness of how their life choices impact the environment and society.
- F. Assess the existential question of personal life meaning and apply strategies to overcome obstacles that block satisfaction or success.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Research on psychological health, emotional intelligence and happiness	5.00
2. Personality assessment/Assess needs; existential questions on life meaning, choices; establish goals	5.00
3. Relationships and communication	8.00
4. Stress, health and Relaxation	6.00
5. Habits, lifestyles, motivation and health	6.00
6. Self talk: psychological theories of cognition	4.00
7. Transforming aggression and self destructive patterns	5.00
8. Working with insight, intuition and internal guidance.	4.00
9. Psychology of money, possessions and well being	5.00
10. Courage, inspiration and the future	3.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Group Discussions
- C. Collaborative Group Work
- D. Class Activities
- E. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- F. Discussion
- G. Demonstrations
- H. Audio and Video Tapes
- I. Guided Imagery, Relaxation, Meditation
- J. Journal Writing and Drawing

V. METHODS OF EVALUATION

- A. Quizzes
- B. Papers
- C. Oral Presentation
- D. Projects
- E. Homework
- F. Class participation

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read The science of happiness by Professor Tal Ben-Shahar who teaches what is currently "the most popular course at Harvard. "Take notes on what research shows raises human well being and how this impacts our physical health.
 - 2. Read and be prepared to discuss Richo's The five things we cannot change and the peace we find by accepting them.
- B. Writing Assignments
 - 1. After reading about The mysteries of self-sabotage, write out your thoughts on the different styles of sabotage discussed. Have you seen or experienced examples of these kinds of self sabotage? Also describe one example you can think of where you or someone you know broke a self sabotage pattern.
 - 2. Read the hand-out (or see PDF file on blackboard) How we connect emotionally then write out your reflections on: What 3 things do you find most interesting or valuable from the article? What is an idea from the chapter that you would like to use in your everyday life?
- C. Out-of-Class Assignments
 - 1. Explore the health website by Dr. Mehmet Oz at realage.com. Then identify 3-4 healthy lifestyle changes you would like to make this semester.
 - 2. Read the hand-out, Strengthening relationships with active listening. Try out the active listening techniques this week and write out what your experience was like in 1-2 paragraphs.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Goleman, Daniel. Social Intelligence The science of human relationshipshps. bantam, 2007.
- B. Canterucci. Personal Brilliance. Amacon, 2005.
- C. Corey & Corey. I never knew I had a choice. Brooks & Cole, 2009.

Materials Other Than Textbooks:

- A. Handouts as deemed appropriate by instructor.
- B. Audio tapes/Video tapes.
- C. Additional activities as deemed appropriate by instructor.

Created/Revised by: Christine Wood

Date: 05/02/2011