

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT
CD2080
PERSONAL DEVELOPMENT II**

CREDITS: 2

HOURS: 30

SEMESTER: _____

INSTRUCTOR: _____

PHONE: _____

TEXT: _____

COURSE DESCRIPTION:

Personal Development II provides the student with models to assist them in a deeper understanding of themselves and others. The student will gain an understanding of stress, the importance of self-concept, group dynamics, and communicating effectively with others. The student will apply these skills to self awareness, conflict resolution, and stress management.

COURSE REVISED: JUNE, 1992

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PERSONAL DEVELOPMENT II

COMPETENCIES

COMPETENCY 1

The student will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.

COMPETENCY 2

The student will gain deeper insights to the importance of self awareness and communicative processes.

COMPETENCY 3

The student will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.

COMPETENCY 4

The student will become acquainted with strategies for identifying and resolving conflict in the workplace.

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COMPETENCY 1

The student will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.

Subtopics

1. Interpersonal skills (eg. behaviour description, behaviour interpretation, "I" messages, nonverbal messages, active listening).
2. Personal strengths and weaknesses.
3. Symptoms of low self-esteem.
4. Methods to enhance self-esteem.

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COMPETENCY 2

The student will gain deeper insights to the importance of self awareness and communicative processes.

Subtopics

1. Self disclosure in the process of self awareness and interpersonal and intrapersonal communication.
2. Johari Window concept as it relates to communication.
3. Myers-Briggs model in viewing and accepting self and others.

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COMPETENCY 3

The student will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.

Subtopics

1. Theories of stress. (eg. Hans Selye, Peter Hanson)
2. Symptoms of burn-out and career related stress and their effects.
3. Proactive and reactive methods to address stress.

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COMPETENCY 4

The student will become acquainted with strategies for identifying and resolving conflict in the workplace.

Subtopics

1. Group development models. (eg. Johnson and Johnson)
2. Group decision models including majority rule, consensus, expert, etc.
3. Strategies for conflict identification.
4. Strategies for conflict resolution including the win-win theory.
5. Strategies for consensus development.