COURSE DESCRIPTION:
This course will emphasize personal and career growth and development especially for women by exploring the family of origin, developing insight and self-confidence, and making assertive life choices. We will focus on the individual woman's ability to find answers from within herself, and the development of the class as a group.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:
1. Origins of Self
A. Theories of Personality
B. Family of Origin
C. Genograms

II. Social Self
A. Socialization
B. Limitations of Gender Stereotyping
C. Women's History

II. Intimate Self
A. Relationships and Lifestyles
B. Intimacy and Sexuality

III. Communication
A. Assertive Communication
B. Male/Female Communication Patterns

IV. Independent Self
A. Loneliness and Solitude
B. Loss and Grieving

V. Role of Self in the World of Work
A. Career Choices
B. Assessments
C. Occupational Resources

VI. Potential Self
A. Personal Growth
B. Self-Actualization
C. Existentialism

EXPECTED LEARNER OUTCOMES:

A. The student will be able to describe early factors which have influence her life.
B. The student will be able to explain new insights she has realized about her psycho/social/emotional development.
C. The student will be able to describe the changes she would like to make or how she has reached acceptance.
D. The student will be able to explain the limitations of gender stereotyping.
E. The student will be able to use assertive communication.
F. The student will be able to discuss her career development, interests, and how she sees herself in the world of work

COURSE COMPETENCIES:
The student will be able to describe early factors which have influenced her life
1. The student will be able to make connections between her early years and her current life.
2. The student will be able to explain family systems theories.
3. The student will be able to distinguish patterns that characterize her family’s history.
4. The student will be able to draw her family’s genogram.
5. The student will be able to explain the concept of androgyny.

The student will be able to explain new insights she has realized about her psycho/social/emotional development
6. The student will be able to explain the schools of thought of personality theory and development.
7. The student will be able to describe the analytic, developmental, behavioral, cognitive, and humanistic perspectives.
8. The student will be able to name the major theorists for each perspective and their major contributions.

The student will be able to describe the changes she would like to make or how she has reached acceptance
9. The student will be able to explain Holland’s codes of career interest areas.
10. The student will be able to describe the philosophies of existentialism.
11. The student will be able to explain how she perceives self-actualization and existentialism happening in her life.
12. The student will be able to explain how she perceives self-actualization and existentialism happening in her assignments.

The student will be able to explain the limitations of gender stereotyping
13. The student will be able to list the significant events in women’s history.
14. The student will be able to describe the effect of the feminist movement on the world and the role of women today.
15. The student will be able to discuss the developmental stages of relationships.
16. The student will be able to explain the characteristics of healthy relationships.
17. The student will be able to explain passive, assertive, and aggressive communication.

The student will be able to use assertive communication
18. The student will be able to use assertive communication.
19. The student will be able to explain the research on male/female communication.
20. The student will be able to describe the stages of the grieving process.

The student will be able to discuss her career development, interests, and how she sees herself in the world of work
21. The student will be able to explain the eight preference styles on the Myers-Briggs Type Indicator.
22. The student will be able to make connections between her career interests and personality preferences.
23. The student will be able to make connections between her role in her family of origin to her role in the world of work.
24. The student will be able to use the occupational resources to research different career fields.
25. The student will be able to discuss the concept of self-actualization.

ASSESSMENT OF LEARNER OUTCOMES:
This course focuses on personal development; thus, students contract for a grade based on readings and written assignments.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

*Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact Director of Academic Resource Center, in Room 3354 or call (913) 288-7670.*
Learning Outcomes
Discipline knowledge and content mastery is expected of all graduates. More specifically, KCKCC is committed to the Learning Outcomes listed below. We believe that competence in the Learning Outcomes is essential for the success of graduates and will enhance their ability to become contributing members of our increasingly complex world. These areas of knowledge and skills are equally valid for all KCKCC graduates, whether they transfer to a four-year college or pursue a career after leaving college.

General Education Learning Outcomes
Communication Learning Outcomes
The learner will have the ability to express, interpret, and modify ideas/information effectively (both written and oral), including but not limited to reading text accurately and correctly; writing with a clear purpose and effective organization; speaking effectively using appropriate styles that suit the message, purpose, and content; and employing active listening techniques.

Computation Learning Outcomes
The learner will have the ability to understand and apply mathematical concepts and reasoning using numerical data.

Critical Reasoning Learning Outcomes
The learner will understand inductive and deductive reasoning and have the ability to define problems and use data (qualitative and quantitative) to make complex decisions utilizing analysis, synthesis, and evaluation skills.

Technology and Information Management Learning Outcomes
The learner will have the ability to define, collect, organize, analyze, and evaluate information from a variety of sources. The learner will also have the ability to understand basic technology concepts and functionality in order to use technology as a tool to locate and retrieve information.

Community and Civil Responsibility Learning Outcomes
The learner will demonstrate knowledge, awareness, and understanding of diverse ideas, values, and perspectives of a culturally diverse world; an understanding of the ethical issues and values that are prerequisites for making sound judgments and decisions; a recognition of the obligation to become actively involved as a contributing member of the community; and a sensitivity to the awareness of aesthetic expression.

Personal and interpersonal Skills Learning Outcomes
The learner will have the ability to work cooperatively and productively with others; to understand and evaluate his/her capabilities; to manage his/her personal growth by setting realistic and appropriate goals.
SOCIAL AND BEHAVIORAL SCIENCES STUDENT SUCCESS STRATEGIES

Know your instructor’s name.

Turn off your electronic devices in class/make paying attention to the work of the class your only concern.

Miss class only when you cannot attend/acquire missed information and materials ASAP.

Know your syllabus.

Know the attendance policy.

Know the requirements for tests and assignments.

Know information about final exam and make-up exams.

Know instructor’s position on use of Wikipedia or other online sources.

Know the instructor’s preferred writing style (APA, MLA, etc.).

Always know your grade.

Contact your teacher ASAP with concerns or questions.

Know the benefits of the academic resource center.

Know if your course has a practicum, service learning component, or other exception.

Use an academic planner.

Know the course withdrawal policy.

Know your instructor’s office hours and make appointments when necessary.

Know the school’s scholastic honesty policy.

Be familiar with the course learning objectives, course competencies, and the college’s 21st century learning outcomes for general education.