

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

DSPTS 638D

COURSE TITLE

PERSONAL ASSESSMENT-DISABLED

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

A program of learning activities designed for students with disabilities to explore and evaluate their self-concept, to express their individuality and personal worth, and to learn socialization skills necessary for community living. (FT)

LECTURE/LABORATORY HOURS

54

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. To become aware of the components of a positive self-image.
2. To develop communication skills.
3. To develop the ability to use social skills effectively.

COURSE OBJECTIVES

1. To identify personal characteristics – both weaknesses and strengths.
2. To list the qualities of a positive image.
3. To discuss the effects of attitudes on behavior.
4. To identify personal qualities which the student admires.
5. To evaluate the role of personal responsibility in a positive self-image.
6. To express inner feelings.
7. To discuss how each student feels concerning his/her present life situation.
8. To express students' feelings regarding events in their lives.
9. To relate past experiences and compare them to the present situation.

SECTION II

COURSE CONTENT AND SCOPE

1. Personal Characteristics
 - 1.1. Desirable
 - 1.2. Undesirable
 - 1.3. Methods for changing characteristics
 - 1.4. Factors in formation of personal characteristics
 - 1.5. Reinforcement of characteristics
2. Positive Self-Image
 - 2.1. Reality vs. fantasy
 - 2.2. Formation of self-image
 - 2.3. Reinforcement
 - 2.4. Necessity
3. Attitudes
 - 3.1. Positive/negative
 - 3.2. Formation of attitudes
 - 3.3. Social influences

COURSE CONTENT AND SCOPE (CONTINUED)

- 3.4. Effects on behavior
- 3.5. Methods for changing
- 4. Personal Qualities
 - 4.1. Role models
 - 4.2. Social influences
 - 4.3. Changes in social situations
 - 4.4. Formation of positive personal qualities
- 5. Responsibility
 - 5.1. Formation/development
 - 5.2. Family influences
 - 5.3. Control
 - 5.4. Effects on behavior
- 6. Feelings
 - 6.1. Interrelationship with behavior
 - 6.2. Ability to express
 - 6.3. Role of feelings
 - 6.4. Control
- 7. Life Experiences
 - 7.1. Adapting to present situation
 - 7.2. Role of past experiences
 - 7.3. Communication skills
 - 7.4. Willingness to express emotions
 - 7.5. Acceptance of responsibility

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

Class participation – progress recorded on Student Education Contract

METHOD OF INSTRUCTION

Lectures, discussion, guest speakers, class projects, group activities, and individual activities.

TEXTS AND SUPPLIES

NONE

PREPARED BY Judy Brae DATE January 20, 1984

DATA REVISED BY Marie Doerner DATE May 27, 2008

DATA REVISED BY Instructional Services/SLO's Added DATE July 22, 2016

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog