SECTION I

SUBJECT AREA AND COURSE NUMBER

DSPS 648D

COURSE TITLE

ASSERTION TRAINING-DISABLED

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

A course designed for the development of a positive belief system, regarding assertion for students with disabilities. (FT)

LECTURE/LABORATORY HOURS

> 3 hours per week
> (for 18 weeks)

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
   SDCE students demonstrate interpersonal skills by leaning and working cooperatively in a diverse environment.
2. Effective Communication
   SDCE students demonstrate effective communication skills.
3. Critical Thinking
   SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

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 develop a basic belief that assertion can enrich our lives and ultimately lead to more satisfying personal relationships.
2. To develop an awareness that each individual has needs and all needs are important.
3. To develop an awareness of the value of our own opinions and the self-confidence to express those opinions.

COURSE OBJECTIVES

1. To identify procedures for increasing interpersonal effectiveness.
2. To practice communication skills in the classroom setting.
3. To recognize verbal and non-verbal cues within the group.
4. To use voice and body movement to convey messages to others.
5. To increase the number of personal contacts with class members.
6. To increase daily socialization with other people.
7. To change individual thinking.
8. To modify excessive anger or guilt.
9. To enlarge the individual's repertoire of positive assertive behavior.

SECTION II

COURSE CONTENT AND SCOPE

1. Human Behavior
   1.1. Assertive
   1.2. Aggressive
   1.3. Non-assertive
   1.4. Polite
   1.5. Accepting
   1.6. Rejecting
   1.7. Positive
   1.8. Negative
2. Feedback
   2.1. Verbal
   2.2. Non-verbal
   2.3. Body language
   2.4. Omissions
   2.5. Free information
   2.6. Positive

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.7. Negative
- 2.8. Misperceived information
3. Personal Interaction
    - 3.1. Quality of relationship
    - 3.2. Supportive
    - 3.3. Direct expression
    - 3.4. Non-supportive
    - 3.5. Reinforcing
4. Changing Behavior
    - 4.1. Based on values
    - 4.2. Based on depth of relationship
    - 4.3. Based on supportive feedback
    - 4.4. Self-help monitor
    - 4.5. Self-defeating thought interaction
5. Voice
    - 5.1. Use
    - 5.2. Control
    - 5.3. Emotions
    - 5.4. Reduction of anxiety
6. Assertive Behavior
    - 6.1. Open-ended questions
    - 6.2. Personal rights
    - 6.3. Communication skills

APPROPRIATE READINGS

Reading assignments may include, but are not limited to, assigned lecture materials.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to, individual worksheets.

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments which demonstrate critical thinking may include, but are not limited to:

1. Small group activities in problem solving.
2. Individual activities that require applying facts or information learned in class.

EVALUATION

Class participation. Progress recorded on individual education plan.

METHOD OF INSTRUCTION

Lectures, discussions, guest speakers, class projects, small group activities, and individual activities.

This course, or sections of this course, may be offered through distance education.

TEXTS AND SUPPLIES

NONE

PREPARED BY   Judy Brae   DATE   January 20, 1984

REVISED BY Marie Doerner   DATE   May 27, 2008

REVISED BY Instructional Services/SLO's Added   DATE   April 25, 2013

REVISED BY Joann Szabo   DATE   May 6, 2020

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