



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Educational Development 122
Descriptive Title: Personal Assessment

Course Disciplines: Special Education

Division: Health Sciences and Athletics

Catalog Description: This course helps students develop a better understanding of personal motivation as they establish short and long-term goals. Students will also explore their personal value systems, the concepts of stress management, defense mechanisms, interpersonal communications, and time management.

Note: This course is appropriate for students with disabilities.

Conditions of Enrollment: Recommended Preparation
eligibility for English 84

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 3.00 hours per week TBA
Hours Laboratory: 0 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: No

General Education:

El Camino College: _____

CSU GE: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. **SLO #1 Defense Mechanisms** Students will analyze defense mechanisms and their effect on academia, job/career, and relationships.
2. **SLO #2 Eight Principles** Students will develop and maintain a journal that defines the eight principles of college success
3. **SLO #3 Time Management** Students will compare and contrast different time management techniques.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Compare the different need levels related to self actualization.
Quizzes
2. Organize an effective time management system.
Written homework
3. Evaluate various types of defense mechanisms and their application.
Quizzes
4. Compare and contrast personality types.
Quizzes
5. Inventory and measure personal sources of stress.
Journal (kept regularly throughout the course)
6. Assess methods of personal relaxation.
Journal (kept regularly throughout the course)
7. Analyze and judge barriers for effective communication.
Quizzes
8. Discuss cultural diversity and its influences and perceptions.
Essay exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	7	I	Self Evaluation Assessment Tool A. Personality B. Values
Lecture	6	II	Theories of Self-Actualization A. Overview of theory B. Physiological needs C. Safety needs D. Issues of identity E. Esteem needs

			F. Self-actualization G. Self evaluation
Lecture	6	III	Defense Mechanisms and How We Use Them A. Repression B. Denial C. Rationalization D. Intellectualization E. Projection F. Displacement G. Regression H. Fantasy I. Reaction formation J. Acting out
Lecture	6	IV	Effects of Stress on Mental and Physical Health A. Fight or flight B. Psychosomatic disorders C. Eating disorders D. Drug use E. Cardiovascular disorders
Lecture	6	V	Functioning in the World A. Communication B. Independency C. Self-esteem D. Relationships E. Cultural differences
Lecture	6	VI	Complimentary Therapies A. Relaxation techniques B. Imagery/meditation C. Exercise D. Progressive relaxation E. Diet and nutrition
Lecture	6	VII	Time Management Techniques A. Establish goals B. Set priorities C. Group activities D. Follow through
Lecture	6	VIII	Values clarification A. Self respect/identity B. Personal reflection C. Recognizing choices D. Taking responsibility
Lecture	5	IX	Goal setting A. Interdependency B. Self management
Total Lecture Hours		54	
Total Laboratory Hours		0	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Problem solving demonstrations (computational or non-computational)

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

For a period of 24 hours, prepare a log showing how you used your time. Indicate the various time management techniques you used. In a one page paper, evaluate the results.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Observe the behaviors of a person using a defense mechanism. Analyze the situation and in a one page paper, determine the defense mechanism used, and assess why you came to this conclusion.
2. After the lecture on communication styles, evaluate by writing a one page paper, indicating your communication style as it relates to your relationships.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Other exams

Quizzes

Written homework

Homework Problems

Multiple Choice

Completion

Matching Items

True/False

V. INSTRUCTIONAL METHODS

Discussion

Group Activities

Lecture

Multimedia presentations

Role Play

Simulation

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study

Answer questions
 Skill practice
 Required reading
 Problem solving activities

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Skip Downing. On Course: Strategies for Creating Success in College and in Life. 5th ed. Cengage, 2008.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation eligibility for English 84	Basic reading comprehension skills enhance student success with assignments.

D. Recommended Skills

Recommended Skills
Basic reading comprehension skill to interpret main ideas of text or assigned readings. ENGL 82 - Utilize prior knowledge and experience to construct meaning at a literal level of a given text. ENGL 82 - Employ basic study skills and reading strategies to explain at the literal level the content of a text. ENGL 82 - Employ basic critical thinking skills such as distinguishing fact from opinion, making valid inferences, and formulating implied main ideas.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Steven Fasteau on 10/01/1972.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Kathryn Holmes on 02/10/2016

