Course Acronym:	EDEV
Course Number:	122
Descriptive Title:	Personal Assessment
Division:	Library and Learning Resources
Department:	Educational Development
Course Disciplines:	Special Education
Catalog Description:	This course is designed to help students explore and develop self-assessment skill sets relevant to their academic, professional and personal lives. Students will also explore other topics related to their personal responsibilities and value systems, effective communication, defense mechanisms, motivation, time management, self-awareness, support systems, lifelong learning skills and approaches, relaxation methods, and study strategies. This course is designed for students with disabilities and is open to all students.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	EDEV 35 and EDEV 36
Enrollment Limitation:	
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	No
Effective Date:	
General Education: ECC	
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	

Student Learning Outcomes:	**SLO #1 Defense Mechanisms** Students will analyze defense mechanisms and their effect on academia, job/career, and relationships. **SLO #2 Eight Principles** Students will develop and maintain a journal that defines the eight principles of college success. **SLO #3 Time Management** Students will compare and contrast different time management techniques.
Course Objectives:	1. Compare the different need levels related to self actualization. 2. Develop an effective time management system. 3. Evaluate various types of defense mechanisms and their application. 4. Compare and contrast personality types. 5. Compile and measure personal sources of stress. 6. Assess the methods of personal relaxation. 7. Analyze and describe the barriers for effective communication. 8. Discuss cultural diversity and its influences and perceptions on personal assessment.
Major Topics:	**I. Self Evaluation Assessment Tool (6 hours, lecture)** 1. Personality (includes variety of learned, cultural, racial, societal, and equitable impacts) 2. Values (includes variety of learned, cultural, racial, societal, and equitable impacts) **II. Theories of Self-Actualization (6 hours, lecture)** 1. Overview of theory 2. Physiological needs 3. Safety needs 4. Issues of identity 5. Esteem needs 6. Self-actualization 7. Self evaluation **III. Defense Mechanisms and How We Use Them (6 hours, lecture)** 1. Repression 2. Denial 3. Rationalization 4. Intellectualization 5. Projection 6. Displacement 7. Regression 8. Fantasy 9. Reaction formation 10. Compartmentalization

IV. Effects of Stress on Mental and Physical Health (6 hours, lecture)

1. Fight or flight
2. Psychosomatic disorders
3. Eating disorders
4. Drug use

V. Functioning in the World (6 hours, lecture)

1. Communication (includes variety of learned, cultural, racial, societal, and equitable impacts)
2. Independency
3. Self-esteem
4. Relationships
5. Cultural differences

VI. Complimentary Therapies (6 hours, lecture)

1. Relaxation techniques
2. Imagery/meditation
3. Exercise
4. Diet and nutrition

VII. Time Management Techniques (6 hours, lecture)

1. Establish goals
2. Set priorities
3. Follow through

VIII. Values clarification (6 hours, lecture)

1. Self respect/identity
2. Personal reflection
3. Recognizing choices
4. Taking responsibility

IX. Goal setting (6 hours, lecture)

1. Interdependency
2. Self -Management

Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54
Primary Method of Evaluation:	Problem Solving Demonstration (Computational or Non-Computational)
Typical Assignment Using Primary Method of Evaluation:	Select two time management or self-management techniques you have learned in this course. For a period of 48 hours, you will use one technique per day that shows how you utilize your time. In a one-page paper, you will evaluate effectiveness of each time/self-management technique you selected and the results.

Critical Thinking Assignment 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, assess why you came to this conclusion, and how would you approach this situation (i.e., use of different defense mechanism, etc.).
Critical Thinking Assignment 2:	After the lecture on communication styles, evaluate by writing a one-page paper, indicating your communication style as it relates to your relationships.
Other Evaluation Methods:	Quizzes (multiple choice, True/False, Matching items, and/or open-ended questions), Other Exams, Weekly Journals throughout the course, Written Homework Assignments, other (written assignments)
Instructional Methods:	Multimedia presentations, Discussions, Individual and/or Group Activities, Lectures, Role play/simulation
If other:	
Work Outside of Class:	Weekly journal and wrritten assignments, required reading(s), skills practices, analyzing scenarios and/or answering questions
If Other:	
Up-To-Date Representative Texts:	Skip Downing & Jonathan Brennan. On Course: Strategies for Creating Success in College, Career, and Life. 9th ed. Cengage, 2020.
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	EDEV 35 and EDEV 36
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	**Basic reading and reading comprehension skills are needed.** EDEV 35 - Basic reading and reading comprehension skills to increase student success. **Basic writing skills are needed to enhance written language.**

	EDEV 36 - Basic writing skills to enhance written language and student success. Students should have a basic understanding of writing processes and strategies.
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	
Date:	
Original Board Approval Date:	
Last Reviewed and/or Revised by:	Jessica Cruz
Date:	10/04/2023
Last Board Approval Date:	01/17/2024
Effective Term:	FALL 2024