



EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

- A.** Division: **Instruction** Effective Date: **September 2004**
- B.** Department / Program Area: **Faculty of Child, Family and Community Studies**
CCSD, CSSW, CYCC, ECED, INTR

Inness: Personal Approaches E: 1.5

Subject & Course No.	Descriptive Title	Semester Credits
F:	Calendar Description: This course emphasizes a developmentally appropriate professional lifestyle. Using contemporary theories it will provide students with a framework to explore wellness themes.	
G:	H:	

on to the equivalent of 30 contact hours

Number of Contact Hours: (per week / semester for each descriptor)
30 hours

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CCSD 240 or CCSD and discussi

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M: Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

- I. Demonstrate ability to care for self in the domains of physical, emotional, social, intellectual and spiritual wellness**
 1. Research the domains of wellness
 2. Assess own wellness experience using a variety of instruments
- II. Demonstrate beginning reflective writing skills**
 1. Apply stages of basic reflective writing to own experience: (free-writing, structured writing, accepting feedback about writing, incorporating analysis into own reflective writing)
 2. Develop understanding of relationship between reflective writing and self awareness
 3. Develop knowledge of personal boundaries
- III. Develop understanding of basic stress management techniques**
 1. Assess own style of managing stress
 2. Research theories of stress management