



**SEPTEMBER 2003
CURRICULUM GUIDELINES**

A. Division: **Instruction** Effective Date: **August 2003**

B. Department / Program Area: **Faculty of Child, Family and Community Studies** Revision

CCSD, CYCC, CSSW, ECE, INTR

D: Wellness: Self and Professional Practice E: 1.5

Subject & Course No.	Descriptive Title	Semester Credits
F:	Calendar Description: This course emphasizes a developmental approach to self-awareness and professional practice. It provides students with a framework to explore community wellness themes.	
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings	H: Course Prerequisites: Acceptance into CFCS program
	Primary Methods of Instructional Delivery and/or Learning Settings: Lecture/Discussion	I: Course Corequisites: None
	Number of Contact Hours: (per week / semester for each descriptor) 30 hours	J: Course for which this Course is a Prerequisite None
		K: Maximum Class Size: 30

Number of Weeks per Semester:
Flexible delivery ranging over 1 to 15 weeks
Evening section for part-time students

M: Course Objectives / Learning Outcomes

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

- I. Demonstrate ability to integrate wellness into day-to-day life**
 - 1. Develop a personal wellness plan, including stress management**
 - 2. Practice and document personal wellness plan during semester**
 - 3. Self evaluate an experience with reflective writing, designing and maintaining a personal wellness plan and group wellness presentation**
 - 4. Apply theories of wellness to one's own experience.**
- II. Lead a wellness activity**
 - 1. Work with student colleagues on a wellness presentation project**
 - 2. Research a wellness topic with student colleagues**
 - 3. Practice group process skill**
 - 4. Work effectively as a team member**
 - 5. Present wellness to others**
- III. Demonstrate strategies for managing personal and professional boundaries**
 - 1. Develop understanding of professional boundaries**
 - 2. Apply knowledge of boundaries to professional practice**
- IV. Relate reflective writing skills to professional practice**
 - 1. Practice reflective writing skills in wellness plan**
 - 2. Learn about the different types of reflective writing used in field work**