



**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
<b>F:</b> Calendar Description:	<b>This course emphasizes a developmentally appropriate professional lifestyle. Using contemporary theories it will provide students with a framework to explore wellness themes.</b>	
<b>G:</b>	<b>H:</b>	

**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