

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT  
CD2080  
PERSONAL DEVELOPMENT II**

**CREDITS: 2**

**HOURS: 30**

**SEMESTER:** \_\_\_\_\_

**INSTRUCTOR:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**TEXT:** \_\_\_\_\_

**COURSE DESCRIPTION:**

Personal Development II provides the learner with theories, hands on activities, and models to assist them in a deeper understanding of self and others. The learner will gain an understanding of the nature of stress, the importance of self-concept, group dynamics, and communicating effectively with others. The student will apply these skills to self awareness, conflict resolution, and stress management.

**COURSE REVISED: JUNE, 1995**

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PERSONAL DEVELOPMENT II

UNITS

UNIT 1

The learner will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.

UNIT 2

The learner will gain deeper insights to the importance of self awareness and communicative processes.

UNIT 3

The learner will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.

UNIT 4

The learner will become acquainted with and implement strategies for identifying and resolving conflict in the workplace.

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**Unit One: The learner will demonstrate a deeper understanding of the importance of self-concept and interpersonal relationships.**

**Objectives:** Upon successful completion of this unit the learner will be able to:

1. Further develop those aspects of self related to self respect, self esteem, and self image.
2. Identify low self-esteem, and how it effects self and others.
3. Explore personal strengths and weaknesses to develop personal goals.
4. Understand the significance and ramifications of enhancing personal self-esteem.

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**Unit Two: The learner will gain deeper insights to the importance of self awareness and communicative processes.**

**Objectives:** The learner's understanding of self awareness and communicative processes will be enhanced by:

1. Experiences of self disclosure in the process of self awareness and interpersonal/intrapersonal communication.
2. Exploring communication concepts such as the Johari Window and others.
3. Using the Myers-Briggs model themselves, and relate this type analysis empathetically to others.

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**Unit Three: The learner will demonstrate an understanding of the phenomena of burn-out and career related stress and how these affect job performance and the personal well-being of the worker.**

**Objectives:** The learner will understand the effects of stress on performance and personal well-being through:

1. Exposure to the concepts related to stress and theories based on the work of Dr. Hans Selye, Hanson and Mills.
2. Identifying and understanding the nature of stressors, and their causes, symptoms and effects.
3. Learning and implementing methods of coping with negative stress.

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**Unit Four: The learner will become acquainted with strategies for identifying and resolving conflict in the workplace.**

**Objectives:** Upon completion of this unit, the learner will be able to:

1. Understand the importance of using conflict resolution models.
2. Practice conflict resolution models.
3. Implement models of conflict resolution.
4. Understand and practice group decision models.

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Personal Development

Upon successful completion of this course the learners will have acquired and demonstrated specific knowledge, skills and attitudes.

**They will gain knowledge of:**

1. The major theorists in the field of self concept, e.g. Carl Rogers, Rollo May, Virginia Satir, Dorothy Briggs, Abraham Maslow, and others.
2. The Myers-Briggs Type Inventory.
3. The Johari Window model.
4. The process known as communication.
5. The significance of the concept of stress and its effects on the body, mind, and spirit.
6. Theories of stress.
7. Coping with stress.
8. Models of conflict resolution.

**They will gain skill in:**

1. Assessing themselves i.e. their values, vision and goals as caregivers.
2. Identifying themselves as the key players in the communicative process.
3. Developing self awareness in interpersonal relationships.
4. Implementing conflict resolution strategies.
5. Recognizing levels of self esteem in children as well as adults.
6. Practising effective communication: active listening, paraphrasing, and reflection of how you feel e.g. the other person's point of view (Debono,1985).

**They will gain attitudes which reflect:**

1. Self awareness as an ongoing process.
2. Communication as an ongoing process.
3. Conflict resolution as an ongoing process.
4. Stress reduction as an ongoing process.
5. Personal development as an ongoing process.
6. Knowledge, skills and attitudes as an inextricably interrelated whole.