

Glendale College

Course Outline of Record Report

Course ID 010633
Created - September 2023

ST DV135 : Identity Development, Self-Care, & Student Success

General Information

Author:	<ul style="list-style-type: none"> Rita Zobayan Cortes, Richard
Course Code (CB01) :	ST DV135
Course Title (CB02) :	Identity Development, Self-Care, & Student Success
Department:	ST DV
Proposal Start:	Fall 2024
TOP Code (CB03) :	(4930.11) Interpersonal Skills
CIP Code:	(35.0101) Interpersonal and Social Skills, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000640630
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	ST DV 135 increases students' awareness of some of the challenges and coping skills that can impact their academic and vocational goals. We will explore the interplay of thoughts, feelings, behaviors, cultural influences and abilities, and how this relationship can affect self-esteem, motivation, and choices that impact academic performance. We will also explore various life conflicts that can influence success and will learn various strategies to navigate them more effectively.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none"> Credit

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> Counseling
Alternate Discipline:	<ul style="list-style-type: none"> Counseling: Disabled Students Programs and Services
Alternate Discipline:	<ul style="list-style-type: none"> Counseling: EOPS

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07)	3
Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	108
Total Student Learning Hours	162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	

Studio Hours	0	0	Lecture	54
			Laboratory	0
			Studio	0
			Total	54
Course Out-of-Class Hours				
			Lecture	108
			Laboratory	0
			Studio	0
			Total	108

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

ESL141 - Grammar And Writing IV

Objectives

- Compose a 400 to 450-word thesis-based essay which: (a) summarizes and cites appropriately a reading passage provided as a prompt, (b) includes a clear thesis statement, (c) uses evidence to support the thesis, (d) shows clear organization into an introduction, body, and conclusion, and (e) uses appropriate rhetorical modes such as comparison/contrast, cause/effect, and persuasion in order to support a thesis.

Entry Standards

Entry Standards

No value

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Discussion

Methods of Instruction	Multimedia			
Methods of Instruction	Collaborative Learning			
Methods of Instruction	Guest Speakers			
Out of Class Assignments				
<ul style="list-style-type: none"> • Weekly Reflections • Visiting Community Programs 				
Methods of Evaluation	Rationale			
Exam/Quiz/Test	Final examination			
Evaluation	Instructor evaluation of student work			
Other	Pre/post assessments			
Writing Assignment	Journals			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
Denis Waitley, PhD	Psychology of Success: Maximizing Fulfillment of your Career and Life	McGraw Hill	2019	ISBN-13: 978- 1259924965 ISBN- 10: 1259924963
Other Instructional Materials (i.e. OER, handouts)				
Description	GCC Catalog			
Author	No value			
Citation	No value			
Online Resource(s)				
Materials Fee				
No value				

Learning Outcomes and Objectives

Course Objectives

Describe the interplay of thoughts, feelings, and behaviors and how this can impact life choices and academic performance.

Identify various health coping strategies to minimize negative self-talk.

Identify some of the major causes of stress and anxiety.

Describe the importance of self-care and its various dimensions to promote emotional well-being.

Explore the quality of relationships among their families, assess intergenerational patterns, and evaluate how their findings contribute to family and cultural values.

Identify their own areas of privilege and oppression, and learn how to respond with various coping strategies rather than react to these circumstances.

Explore how their intersectionality/positionality affect mindset and academic disposition.

SLOs

Apply knowledge on how individual intersectionality and positionality affect mindset and disposition to their academic success.

Expected Outcome Performance: 0.0

Identify at least three healthy coping strategies to minimize negative self-talk.

Expected Outcome Performance: 0.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Identity Development (20 hours)

- Self-Concept and self-awareness
- Factors that shape the self-concept
- Privilege and oppression
- Social identities and intersectionality
- Practicing self-awareness
- Support Systems
 - Explore personal and interpersonal value systems.
 - Express feelings and explore underlying needs.
 - Develop an understanding of the dynamics of interpersonal relationships.
 - Identify problematic and beneficial patterns or themes they find and formulate how they will disrupt harmful intergenerational patterns and encourage beneficial ones
 - Yosso's Community Cultural Wealth Model
 - Personal coping skills to manage stress, anxiety, depression, anger, and traumatic life events.
 - Describe and distinguish between effective and ineffective communication styles to express feelings and draw boundaries.

Self-esteem and Coping Skills (3 hours)

- Interpersonal/Intrapersonal relationships
- Interpersonal communication
- Positive affirmations
- Locus of Control
- Fixed vs Growth mindset

Self-regulation and Coping Skills (5 hours)

- Explore personal and interpersonal value systems.
- Express feelings and explore underlying needs.
- Develop an understanding of the dynamics of interpersonal relationships.
- Effects of substance abuse
- Developing social support systems
- Managing negative thoughts and feelings

The Hidden Nature of Emotions (3 hours)

- Understanding and exploring underlying emotions such as anxiety, anger, and sadness.
- Exploring underlying needs of emotions
- Managing negative thoughts and feelings

Managing Life Transitions (3 hours)

- Change vs. transition
- Types and stages of transitions
- Assess personal strengths and areas of potential change
- Build personal, academic and college success

College Demands and Stress (10 hours)

- Academic expectations
- Finances
- Test Anxiety
- Time Management
- Special Student Populations: Challenges and Support Services

Self-care and Coping Skills (10 hours)

- Various dimensions of self-care
- Resilience and positive psychology
- Stress vs Burnout

- Nurturing Resilience
- Navigating appropriate campus and community resources

Total=54