

SPED C051N: PERSONAL AND SOCIAL DEVELOPMENT

Item	Value
Top Code	493011 - Interpersonal Skills
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

Course designed to assist students in acquiring skills necessary to establish and maintain productive interpersonal relationships. Includes social interaction as well as basic etiquette and manners related to home, community, and vocational settings. Students enrolled in the course receive an individualized educational contract where course objectives and student learning outcomes are evaluated according to whether or not they are targeted, satisfied, not satisfied, deferred, or not applicable. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Identify strategies and adaptive techniques to better respond to a variety of social situations and environments.

Course Objectives

- 1. Demonstrate appropriate manners, social behavior, and self-control in a variety of situations and environments.
- 2. Respond acceptably when addressed or approached by others.
- 3. Initiate, sustain, and terminate interaction with others in a socially acceptable manner.
- 4. Model responsibility for his/her personal actions.
- 5. Practice behavior that indicates respect for others.
- 6. Identify personal areas needing self-improvement.
- 7. Utilize adaptive techniques to overcome personal limitations.
- 8. Respond with affect/emotion appropriate to the situation and environment.
- 9. Identify and discuss ways to solve problems.
- 10. Discuss and practice strategies to cope with stress.

Introducing others Appropriate touch Personal space Terminating interaction Manners/etiquette Manners when dining Manners at social gatherings Respect for others Personal adjustment Responsibility Helping others Role modeling Respect for others Respect for property of others Sharing Apologizing when wrong Self-awareness Self-acceptance Adapting to personal limitations Accentuating positive personal qualities Self-improvement Identifying positive and negative elements in ones life Emotional Adjustment Responding appropriately to affection Responding appropriately to praise and criticism Giving praise and compliments to others Expressing emotions verbally Displaying appropriate affect Coping with stress Relaxation Identifying alternative solutions to problems Exercising mature judgment in social and personal decision making

Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

Instructional Techniques

Discussion of important concepts Discussion of related current related issues In-class hands-on practice of strategies and techniques

Reading Assignments

-

Writing Assignments

-

Out-of-class Assignments

-

Demonstration of Critical Thinking

Direct observation of critical thinking.

Required Writing, Problem Solving, Skills Demonstration

There will be in-class opportunities for active skill demonstrations designed to develop and enhance new strategies and techniques.

Eligible Disciplines

Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Masters degree required. Title 5, section 53414

Other Resources

1. Coastline Library

Lecture Content

See Lab Content

Lab Content

Social Behaviors Personal deportment Self-control Voice Posture Impulse Dress Hygiene Displaying behavior appropriate to setting (e.g., leisure, home, vocational) Interaction with others Responding when spoken to Eye contact Listening Acknowledging attention from others Following requests Answering questions Initiating interaction Smiling Shaking hands Eye contact Introducing self Sustaining interaction Conversation