



**Douglas  
College**

**SEPTEMBER 2003**  
**CURRICULUM GUIDELINES**

- A.**                      **Instruction**    **August 2003**
  
- B.**                      **Faculty of Child, Family and  
Community Studies**

<p><b>M:</b></p> <ol style="list-style-type: none"> <li>I. Demonstrate ability to care for self in the domains of physical, emotional, social, intellectual and spiritual wellness       <ol style="list-style-type: none"> <li>1. Research the domains of wellness</li> <li>2. Assess own wellness experience using a variety of instruments</li> </ol> </li> <li>II. Demonstrate beginning reflective writing skills       <ol style="list-style-type: none"> <li>1. Apply stages of basic reflective writing to own experience: (free-writing, structured writing, accepting feedback about writing, incorporating analysis into own reflective writing)</li> <li>2. Develop understanding of relationship between reflective writing and self awareness</li> <li>3. Develop knowledge of personal boundaries</li> </ol> </li> <li>III. Develop understanding of basic stress management techniques       <ol style="list-style-type: none"> <li>1. Assess own style of managing stress</li> <li>2. Research theories of stress management</li> <li>3. Incorporate stress management into own life</li> </ol> </li> <li>IV. Demonstrate basic self-awareness       <ol style="list-style-type: none"> <li>1. Reflect on and write about personal wellness</li> <li>2. Reflect on and write about basic interpersonal skills</li> </ol> </li> <li>V. Develop beginning work group skills.       <ol style="list-style-type: none"> <li>1. Practice basic listening and communication skills</li> <li>2. Practice beginning group process skills such as group structure, communication, listening, providing feedback, problem-solving, assertiveness and facilitation.</li> </ol> </li> </ol>
<p><b>N:</b></p> <p>Personal wellness is an essential component of preparing oneself for the human services field          Wellness is a holistic concept that encompasses the body, mind and spirit of the individual          Self-awareness is an important component of wellness          Wellness includes group work          Wellness includes and understanding of stress and how to deal with it</p>
<p><b>O:</b></p> <p>Lecture          Group work          Experiential classroom activities          Student presentations          Guest speakers          Audio-visual presentations</p>
<p><b>P:</b></p> <p>T.B.A.</p>
<p><b>Q:</b></p> <p>Reflective Writing          Group Presentation          Self-Evaluation          Participation          Other</p>
<p><b>R:</b></p> <p>This course is available for PLAR.</p>

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Nancy Newman, Carol  
 Howorth, Bruce Hardy.

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: Jan Lindsay