Fond du Lac Tribal and Community College
COURSE OUTLINE FORM

01/23/18

Please return this form to the college vice president of academic affairs and the chairperson of
the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____________________________________________

2. Date submitted: _________________________________________

3. Date approved: __12/9/14__ Date revised __02/28/18, 3/21/18__

4. Department/discipline: __Psychology__

5. Department(s) endorsement(s): _____________________________
(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: __Life Management-Second Stage Recovery__
Abbreviated course title (25 characters or less): ________________

7. Course Designator: __PSYC/CDEP__ 8. Course Level: __2040__

9. Number of Credits: Lecture __3__ Lab __________

10. Control Number (on site) __15__ Control Number (online) __________

11. Catalog/Course description:

   The goal of the Life Management course is to help empower persons to improve the quality
   of their lives. It is a skills based, measurable program designed to create a new, healthy self
   image and world view based on cognitive and behavioral change. Change is practiced

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses
   Prerequisite(s):
   Co-requisite:

13. Course Materials (Recommended course materials and resources. List all that apply, e.g.
   textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

   The 5 Tracks of the Life Management curriculum

14. Course Content (Provide an outline of major topics covered in course)

   Track 1 - Focus on Unresolved issues
   Track 2 - Models and Principles of Self Perception
   Track 3 - Defining Family of Origin
   Track 4 - Theory of habits
   Track 5 - Defining a Program for Change

15. Learning Goals, Outcomes, and Assessment

   At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as
   follows:
A. Information Literacy (the ability to use print and/or non-print tools effectively for the
discovery, acquisition, and evaluation of information)
B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver
information in a variety of formats.)
C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate
information to formulate and solve problems.)
D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one’s own
traditions and culture, knowledge of others’ traditions and cultures, culture of work,
culture of academic disciplines and/or respect for global diversity.)

Course Learning Outcomes will fulfill the identified competencies.

Course Learning Outcomes.

Upon completion of this course, the student will be able to:

1. Track how issues that result in negative self-image have impacted their life (B, C)
2. Communicate personal discovery and provide constructive feedback in group settings (A, B)
3. Identify negative self image habits and behaviors (B, C)
4. Formulate a new positive self definition (C)
5. Identify cultural values versus negative self definition (D)

16. Minnesota Transfer Curriculum (MnTC): If this course fulfills an MnTC goal area,
state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _5 (Group 1)

a. Track 1 focuses on the anatomy of issues which form the basis of one’s self perception and
self definition. These include Family, Social, Spiritual, financial, gender, cultural, physical
emotional, and friends. Track 1 identifies how these elements of the human condition affect
the behavior of the individual and their system of living patterns which limit their ability to
grow and change. Track 1 introduces the individual to cognition charting methods to
understand their process of thought, feelings, actions and results when dealing with life
issues. The cognition charts utilize classical counseling approaches including Gestalt
“unfinished business” Mindfulness, Motivational and Person Centered techniques.
Track II uses the principles of Rational Emotive Therapy to address these beliefs about
ourselves to help the individual understand their self definition.

c. Tracks II and III use and critique alternative explanatory systems and theories to look at the
individual’s world view and to change their world view by looking at the family of origin
issues which form the basis of one’s life patterns. Social Learning, Cognitive Mediating
processes, and social influences are addressed.

d. Tracks IV and V focus on challenging the beliefs and patterns one has about one’s self and
developing a new self definition thereby developing new life management skills to address
social and personal issues.

This course embodies the stated Goal of Goal area 5, “Such Knowledge will better equip students to
understand themselves and the roles they play in addressing the issues facing humanity”.

Does this course require additional material for specific program requirements?
If yes, please provide. 01/23/18