

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Achievement And Self

Course Abbreviation and Number: HUM 1510

Credit Hours: 3

Course Type: Lecture

Course Description: Students will develop a greater self-understanding and self-awareness with emphasis on personal strengths, interpersonal skill, and achievement style. Students will identify their objectives for growth and change and learn specific goal setting and goal acquisition techniques. Lectures and experiential activities will be included.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. List five personal strengths and five personal weaknesses.
2. Identify and implement a goal for personal growth using the DAPPS rule.
3. Give examples of at least three stress reduction techniques and the physiological and psychological effects of the techniques.
4. Describe the six steps in the Wise Choice Process and apply the steps to a current life situation.
5. Compare the three main types of communications styles (assertive, passive, and aggressive).
6. Explain the difference between Creator and Victim language.

Topics Covered:

- Take charge of your life
- Increase self-motivation
- Improve personal self-management
- Develop interdependence
- Increase self-awareness
- Develop emotional intelligence
- Raise self-esteem
- Write more effectively
- Improve creativity and critical thinking skills

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021