

ASSERTIVENESS TRAINING -----PSY 276

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WEEKEND COLLEGE: Fall 2014

GENERAL OBJECTIVES OF THE COURSE

This course is designed to help students gain an understanding of assertiveness and enable them to apply the specific principles in their lives.

SPECIFIC COURSE OUTCOME OBJECTIVES

Through the use of lecture, role-playing, self-assessment questionnaires, small group exercises, and discussion the students will learn how to use the following assertive skills:

1. how to constructively communicate negative feelings;
2. how to deal effectively with manipulative behavior;
3. improve their ability to resolve conflicts;
4. initiate requests;
5. how to say no when it's appropriate;
6. and develop more control over their life in general.

TEXT

None required. Handouts will be provided including a bibliography of readings in assertiveness training.

COURSE REQUIREMENTS AND GRADING

Grades are based on attendance and participation. Students are expected to attend all sessions of the weekend class. An absence will result in the lowering of the student's grade by one letter.

A = Attending all three sessions

B = Attending two sessions which must include the Saturday afternoon session

C = Attending the Friday evening and Saturday morning sessions only