



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective: (i.e. F2006) F - 2007

Title: The Psychology of Personal Growth Discipline/Number: PSY215
(limit to 50 characters including spaces)

Instructor Contact: Roger Hock Date Submitted /Modified: 12/4/07

Units Min:	3	Units Max:	3	Lecture Hours:	3	Lab Hours:	
<i>If this is a variable unit course, the relationship between earned units and any difference in expected SLOs should be explained.</i>							

Student Learning Outcomes:

1. Learn about scientifically demonstrated strategies for living an effective, well-adjusted life.
2. Study and apply proven strategies for creating positive, personal behavior changes.
3. Identify common barriers to personal growth and strategies for overcoming them.
4. Develop effective methods for interpersonal communications.
5. Gain insight into forming and maintaining successful interpersonal relationships.
6. Develop an enhanced clarity of personal morals and values.
7. Acquire strategies for setting goals and reaching one's full potential.

Instructor(s): _____
(Signature)

(Date)
