

ALTW 435: CREATIVITY FOR SELF-REGULATION

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- Students will demonstrate the ability to distinguish between credible and non-credible news sources by identifying key indicators of bias and misinformation in assigned articles.
- Students will develop and present a clear, evidence-based argument, demonstrating effective use of persuasive language and presentation techniques.
- Students will demonstrate the ability to express disagreement appropriately and listen to opposing opinions without causing or internalizing undue emotional harm, fostering a safe and inclusive dialogue environment.

Description

This course empowers students to harness creativity as a tool for mental health and emotional regulation. Through adapted activities in drama, music, art, and writing, students will explore various forms of self-expression to enhance their emotional well-being. The course is designed to foster independence and provide strategies for using creative outlets to manage stress, process emotions, and improve overall mental health. Emphasis will be placed on developing personalized creative practices that support ongoing emotional resilience.

Course Objectives

The student will be able to:

1. Explore and implement various creative techniques in art, drama, music, and writing to express emotions and improve mental health.
2. Demonstrate the ability to choose and implement individual adapted activities of self-expression.
3. Develop personalized creative practices that can be independently used to manage stress and regulate emotions.

Course Content

1. Introduction to art and emotional well-being
 - a. Overview of the course and objectives
 - b. The connection between creativity and mental health
 - c. Exploring different forms of creative expression

- d. Introduction to the concept of art as a tool for emotional regulation
2. Visual art for self-expression
 - a. Techniques in painting, drawing, and sculpture
 - b. Exploring different media and materials
 - c. Guided activities to create visual art pieces that express emotions
 - d. Discussion on how visual art can be used to process and communicate feelings
 3. Written and verbal art for emotional regulation
 - a. Introduction to creative writing: poetry, journaling, and storytelling
 - b. Role-playing and adapted drama activities: pantomimes, skits, and readings
 - c. Techniques for using words and performance to express and manage emotions
 - d. Practice sessions to develop confidence in verbal and written self-expression
 4. Creativity for emotional regulation
 - a. Strategies for integrating creative activities into daily routines
 - b. Identifying personal triggers and using creativity as a coping mechanism
 - c. Creating personalized plans for emotional regulation through art
 - d. Group discussions and sharing experiences
 5. Project creation and presentation
 - a. Development of a final project that combines learned techniques
 - b. Individual or group projects focusing on personal emotional themes

Lab Content

Not applicable.

Special Facilities and/or Equipment

1. When taught on campus: accessible classroom.
2. When taught online/virtual: students and faculty need internet access with Zoom-capable computer, monitor and speakers.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Weekly check-in
Participation
Final project

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion

Representative Text(s) and Other Materials

No course materials.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Not applicable.

Discipline(s)

Specialized Instruction (Disabled Student Programs and Services):
Vocational Noncredit