

CHLD 54D: FROM THE INSIDE OUT: THE POWER OF REFLECTION & SELF-AWARENESS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	1 lecture per week (12 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate knowledge of the importance of reflective practice and steps to becoming a self-mentor
- Describe "purpose" and the factors that contribute to professional fulfillment

Description

Course will help educators learn the value of reflective practice and how to become a self-mentor. Participants will reflect on how their past experiences shape present perceptions and future aspirations. Topics discussed will include identifying one's preferred perceptual modality, learning style, psychological type, practical strategies for reducing stress and avoiding burnout in the education field. Intended for directors, principals, leaders, teachers, board members and parent volunteers.

Course Objectives

The student will be able to:

- discuss the importance of reflective practice and how to become a self-mentor
- reflect on past experiences that have shaped present perceptions and future aspirations
- describe "purpose" and the factors that contribute to professional fulfillment
- identify her unique style
- demonstrate practical strategies for reducing stress and avoiding burnout
- create an action plan for achieving greater professional competence

Course Content

- The importance of reflective practice and becoming a self-mentor
 - Importance of self-awareness
 - Affective awareness
 - Ethical awareness
 - Self-regulation
 - Meta-cognition
- Reflecting on past experiences that have shaped present perceptions and future aspirations

- The impact of early years on adulthood
- Themes that characterize adulthood
- Describe "purpose" and factors that contribute to professional fulfillment
 - Defining success
 - Clarifying values
 - What is your "calling"?
- Identify your unique style
 - Communication style
 - Psychological style
 - Learning style
 - Preferred perceptual modality
 - Explanatory style
- Practical strategies for reducing stress/avoiding burnout
 - Role conflict
 - Role-personality conflict
 - Role ambiguity
 - Role competence
 - Create an action plan for achieving greater professional competence
 - Tuning into the stressors in your life
 - Striving for balance
 - Simplification
 - Wellness
 - Support network
 - Managing time
 - Self-talk

Lab Content

Not applicable

Special Facilities and/or Equipment

None.

Method(s) of Evaluation

Examples may include, but are not limited to:

- Oral presentations
- Contributions to class discussions
- Cooperative learning assignments
- Creative writing
- Students will design an action plan for achieving greater professional competence

Method(s) of Instruction

- Group presentations followed by in-class discussions and evaluations
- Lecture presentations and classroom discussions

Representative Text(s) and Other Materials

Bloom, Paula Jorde. [From the Inside Out: The Power of Reflection and Self-Awareness](#). Lake Forrest, Illinois: New Horizons Press, 2007. Text remains relevant and is the basis for the course; it is the only edition.

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

- Reading and study of the text

B. Reaction writing assignments to lecture and activities conducted in class

Discipline(s)

Child Development/Early Childhood Education