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

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
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:

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

Course Content

a. The importance of reflective practice and becoming a self-mentor
    i. Importance of self-awareness
    ii. Affective awareness
    iii. Ethical awareness
    iv. Self-regulation
    v. Meta-cognition
b. Reflecting on past experiences that have shaped present perceptions and future aspirations
    i. The impact of early years on adulthood
    ii. Themes that characterize adulthood
c. Describe "purpose" and factors that contribute to professional fulfillment
    i. Defining success
    ii. Clarifying values
    iii. What is your "calling"?
d. Identify your unique style
    i. Communication style
    ii. Psychological style
    iii. Learning style
    iv. Preferred perceptual modality
    v. Explanatory style
e. Practical strategies for reducing stress/avoiding burnout
    i. Role conflict
    ii. Role-personality conflict
    iii. Role ambiguity
    iv. Role competence
f. Create an action plan for achieving greater professional competence
    i. Tuning into the stressors in your life
    ii. Striving for balance
    iii. Simplification
    iv. Wellness
    v. Support network
    vi. Managing time
    vii. Self-talk

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught via Foothill Global Access: on-going access to computer with JavaScript-enabled internet browsing software, media plug-ins, and relevant computer applications.

Method(s) of Evaluation

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

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

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

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. 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

a. Reading and study of the text
b. Reaction writing assignments to lecture and activities conducted in class

Discipline(s)

Child Development/Early Childhood Education