

North Central
Michigan College

NMC MASTER COURSE SYLLABUS

Last Date Revised 2002+

DIVISION/AREA: Liberal Arts

DEPARTMENT: Psychology

DIVISION DIRECTOR Mark Gaylord, Ph.D.

ORIGINATOR: Clifford E. Denay, Jr.

DEAN OF INSTRUCTION: Timothy Dykstra, Ph.D.

TOTAL HOURS OF INSTRUCTION: LECTURE: 3 LAB: 0 TOTAL CONTACT HOURS: 52.80

COURSE NUMBER: PSY 102

CREDIT HOURS: 3

COURSE TITLE: Career and Life Planning

TRANSFERABLE YES: Yes TO: See attached sheet

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY: None

CATALOG DESCRIPTION: "This course examines the common questions: "What should I do with my life?" and, "What work would give my life meaning?" Class activities assist in identifying preferred skills, personal values, and a philosophy of life. This knowledge and awareness provides the foundation for practical and useful approaches to the world of work.

GENERAL EDUCATION OUTCOMES: In the process of career exploration and life planning, students will learn to think critically and analytically, write and speak effectively, and independently acquire knowledge. Course activities will incorporate writing, speaking, collaborative and independent learning and independent research.

COURSE OBJECTIVES & OUTCOMES: Upon successful completion of this course, students should be able to:

- *Identify several possible career choices consistent with personal values and preferred skills
 - *Identify and prioritize work values
 - *Identify and prioritize the kinds of people, information and things with which to use preferred skills
 - *Identify and prioritize preferred skills for use with people, information and things
 - *Identify and prioritize preferred working conditions
 - *Identify and prioritize preferred geographic location of desirable work
 - *Identify and prioritize preferred spiritual or emotional setting of desirable work
 - *Identify outcomes of preferred work
 - *Write a personal "Philosophy of Life"
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METHODS OF INSTRUCTION: Lecture, collaborative work, whole-class discussion, in-class and take-home exercises, and community interaction during Practice Field Survey work.

METHODS OF EVALUATION: Attendance/participation credit, in-class work, take-home work and final class project.

REQUIRED TEXTS:

What Color Is Your Parachute? (2003) Richard Nelson Bolles
What Color Is Your Parachute? Workbook Richard Nelson Bolles
How To Find Your Mission In Life Richard Nelson Bolles

OPTIONAL SUPPLEMENTARY MATERIALS

The Anatomy Of A Job/My Transferable Skills (Color Poster) Richard Nelson Bolles

COURSE TITLE AND NUMBER: PSY 102 Career and Life Planning

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic, and/or psychiatric disabilities. Please contact the Education Opportunity Program (EOP) at (231) 348-6687 to arrange services for this course.

TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

- Week #1: Introduction, class activities, “wants” from course
- Week #2: Ideal world, three kinds of skills identification, “trioing”
- Week #3: Life story #1, functional skills, special knowledge skills, self-management skills
- Week #4: Life story #2, prioritizing grid, rules for skill identification through life stories
- Week #5: Life story #3, transferring skills to keys, time and skill acquisition with increase in consciousness
- Week #6: Life story #4, transferring skills to keys
- Week #7: Life story #5, transferring skills to keys
- Week #8: Life story #6, transferring skills to keys
- Week #9: Life story #7, transferring skills to keys
- Week #10: Practice Field Survey preparation, complete transfer of skills to keys, begin work on flower
- Week #11: Stories and Learning’s from Practice Field Survey, continue work on flower
- Week #12: Start Philosophy of Life, continue work on flower
- Week #13: Prioritize Physical Setting and Working Condition values, continue work on flower
- Week #14: Prioritize Outcomes from Work, Preferred People Skills, Information Skills, and Things Skills
- Week #15: Identify and Prioritize areas of personal interest.
- Week #16: Instructor/course evaluation, finish flower.

APPROVED FOR ADOPTION BY THE CRD/AP COMMITTEE ON _____