



## Self Exploration: Inside ourselves, Outside with others Undergraduate Course Information Guide

**Course Number: CCA 255, 4 credits, 10 Weeks**

**Cross listed Course Number: AI 255, 2 or 4 credits, 10 Weeks**

**Delivery Formats: Online Async**

|   |  |  |
|---|--|--|
| <a href="#"><u>Learning Outcomes</u></a>  | <a href="#"><u>Learning Strategies and Resources</u></a> | <a href="#"><u>Learning Deliverables</u></a> |
| <a href="#"><u>Assessment/Grading</u></a> | <a href="#"><u>Course Schedule</u></a>                   | <a href="#"><u>Policies</u></a>              |

### Course Description

Exploring the self can be a very personal and satisfying experience. It can provide clues as to how you interact with others, accomplish daily tasks and how to become a more happy, productive and respected individual. Students in the course engage in self reflection in a collaborative learning format where they learn about themselves and observe the trends and conclusions of the class. Topics to be explored include family origins, gender perspectives, personality traits and development, self awareness and identity, creativity, and professional and moral perspectives.

### Learning Outcomes

After completing this course, you will be able to:

- Increase confidence in yourself and the basis for your views and perspectives.
- Draw connections between aspects of your personality, experience and opinions and the ideologies of others.
- Create a more organized and integrative view of the world.
- Gain a greater satisfaction with life through increased self knowledge and enhanced personal identity.
- Increase your understanding of how relationships work and enrich personal experience.
- Develop strategies to assess others' strengths and limitations.
- Decrease the workload associated with adaptation to technological advances.

- Identify personalized strategies for managing and maintaining technology.
- Develop enhanced perspectives of social and cultural complexities related to the use of technology.
- Improve your ability to function in collaborative relationships.
- Increase your comfort level in sharing aspects of yourself in a supportive environment.
- Increase your ability to offer and accept feedback.

## **Learning Strategies and Resources**

The course has been organized into 10 modules to facilitate your learning. Each of the modules has a general theme that is associated with a reading assignment for that module that you will be asked to reflect on and to write about in your learning journal. In addition, you will share your insights, questions, and reflections with your learning partners in a small group discussion conference. You will also participate in class a class online discussion to share your experience and observe the reflections of the class.

## **Required Readings**

There will be no formal textbook required for the course. Instead, the reading material will be in the form of scholarly journal articles and Internet sites that are found on the course website. Students are to select from the posted articles and web links and/or their own research related to the module themes and incorporate what they have learned into their journal entries and online discussions with the class as appropriate. Students will also provide a summary in their final journal entry.

[Back to Top](#)

## **Learning Deliverables**

**Learning Journal:** The learning journal has been designed as a workbook that has each of the module assignments presented in the form of questions that are to be answered in text boxes. Each journal entry is approximately 2 to 3 pages of reflective text written by the student directly into the workbook. The instructor monitors the completion of the workbook and provides feedback and grades to the student. The bi-weekly submission of the journal represents the written assignments in the course, in addition to the online discussion.

**Course Discussion Interactions:** Students have access to the course website to participate in the course discussion sessions on the university D2L system, found at <https://d2l.depaul.edu/>. The course website provides class announcements, syllabus information, assignments, reading documents, communications and the course discussion board. When student login, they are taken to the announcements section of the course site and the course menu. General questions about the course can be posted on the course information forum. Students are required to interact with their group

members in private conferences throughout the quarter and to participate in the online class discussion.

## Assessment of Student Learning

### Distribution of Grade Points

|                                 |     |
|---------------------------------|-----|
| Journal Submissions             | 50% |
| Online Discussion Participation | 50% |

### Grading Scale

|               |               |               |
|---------------|---------------|---------------|
| A = 92 to 100 | A- = 88 to 91 | B+ = 85 to 87 |
| B = 82 to 84  | B- = 78 to 81 | C+ = 75 to 77 |
| C = 72 to 74  | C- = 68 to 71 | D+ = 65 to 68 |
| D = 60 to 64  | F = Below 60  | INC           |

[Back to Top](#)

### Course Schedule

| Week and Module Title                       | Readings / Activities  | Assignments                                 |
|---|--|---|
| Week 1,<br>Module 1:<br>Family Origins      | Review all course materials.<br><br>Select Module One Readings posted on D2L to reference in your journal.<br><br>Complete Module One section of workbook. | Participate in Module One discussion forum. |
| Week 2,<br>Module 2:<br>Gender Perspectives | Select Module Two Readings posted on D2L to reference in your journal.   | Participate in Module Two discussion forum. |

|  |  |   |
|--|--|---|
|  | Complete Module Two section of workbook.   | Submit workbook to instructor with Modules One and Two completed.   |
| Week 3,<br>Module 3:<br>Personality<br>Development | Select Module Three Readings posted on D2L to reference in your journal.<br><br>Complete Module Three section of workbook. | Participate in Module Three discussion forum.   |
| Week 4,<br>Module 4:<br>Personality<br>Traits      | Select Module Four Readings posted on D2L to reference in your journal.<br><br>Complete Module Four section of workbook.   | Participate in Module Four discussion forum.<br><br>Submit workbook to instructor with Modules Three and Four completed including Research Proposals. |
| Week 5,<br>Module 5: Self<br>Awareness             | Select Module Five Readings posted on D2L to reference in your journal.<br><br>Complete Module Five section of workbook.   | Participate in Module Five discussion forum.  |
| Week 6,<br>Module 6:<br>Personal<br>Identity       | Select Module Six Readings posted on D2L to reference in your journal.<br><br>Complete Module Six section of workbook.     | Participate in Module Six discussion forum.<br><br>Submit workbook to instructor with Modules Five and Six completed.                                 |
| Week 7,<br>Module 7:<br>Artistic,<br>Creative Self | Select Module Seven Readings posted on D2L to reference in your journal.<br><br>Complete Module Seven section of workbook. | Participate in Module Seven discussion forum.   |
| Week 8,<br>Module 8:<br>Professional<br>Life       | Select Module Eight Readings posted on D2L to reference in your journal.<br><br>Complete Module Eight section of workbook. | Participate in Module Eight discussion forum.<br><br>Submit workbook to instructor with Modules   |

|   |  |   |
|---|--|---|
|   |  | Seven and Eight completed.  |
| Week 9,<br>Module 9:<br>Moral Life                  | Select Module Nine Readings posted on D2L to reference in your journal.<br><br>Complete Module Nine section of workbook. | Participate in Module Nine discussion forum.  |
| Week 10,<br>Module 10:<br>Summarization<br>Projects | Review earlier modules and research topic for each course perspective.<br><br>Complete Module Ten section of workbook.   | Participate in Module Ten discussion forum.<br><br>Submit workbook to instructor with Modules Nine and Ten completed. |

[Back to Top](#)

## Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

## Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

## Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

## **School of Continuing and Professional Studies**

Suite 1400, Daley Building, 14 E. Jackson Blvd., Chicago  
Website: <https://scps.depaul.edu/>

Office hours: 9:00 am - 5:00 pm, Monday-Friday.  
Telephone: 312-362-8001. General Email: [scps@depaul.edu](mailto:scps@depaul.edu)  
For Advising Assistance, call (312) 362-5445 or email [scpsadvising@depaul.edu](mailto:scpsadvising@depaul.edu)

This document was updated 1-20-23.

[Back to Top](#)