



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

Course Number: CCA 255, 4 credits, 10 Weeks

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

Delivery Formats: Online Async, On Campus, Online: Sync, Hybrid

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Course Description

Exploring the self can be a very personal and satisfying experience, but can also provide clues as to how you interact with others, accomplish daily tasks and how to become a more happy, productive and respected individual. Students engage in self reflection in a collaborative learning format where they learn about themselves, share the process with a learning partner 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. This course will operate in a blended hybrid format with meetings that link students in the classroom with others through live video interaction. You will have the option to attend either on campus or online for the five scheduled bi-weekly meetings. In addition, participation in the online discussion forum is required.

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.

If in a SCPS competence program, (BAIFA, BAC, BAGB, BAECE), this course addresses the following requirements:

Competence	Competence Statement / Criteria
A3X	Can articulate a philosophic world view based on self exploration and comparison to the ideologies of others.
H3X	Can explore varied perspectives of the self and develop a greater self-awareness related to one's behaviors and interactions with others.
S3X	Can assess the role of technology in society based an understanding of one's own technological development.
L7	Can learn collaboratively and examine the skills, knowledge, and values that contribute to such learning.

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Learning Strategies and Resources

Some learning activities, assignments and deadlines will vary depending on the delivery format of the course and may differ slightly from what is presented in this document.

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 partner in a one on one discussion conference. You will also participate in class meetings, either on campus or online through a synchronous web format and 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 one on one discussions, journal entries and with the class as appropriate. Students will also provide a summary analysis for their partner of the assignments shared.

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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. Journals are submitted to a learning partner that reviews the work for that module, provides feedback and returns the journal to the author. 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 and alternate weeks of providing feedback on the partner's journal represent 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 and online meetings 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 partners in private conferences throughout the quarter and to participate in the online class discussion.

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Assessment of Student Learning

Distribution of Grade Points

Journal Submission	70%
Student Participation	10%
Discussion Board	10%
Peer Journal Review	10%

Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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Course Schedule

Week and Module Title	Readings / Activities	Assignments
Week 1, Module 1: Family Origins	Review all course materials. Begin Module One Readings posted on D2L. Prepare for Class Session One.	Post on Discussion Forum
Week 2, Module 2: Gender Perspectives	Attend Class Session One, check calendar for date. Complete reading assignments. Prepare Journal Entry One for module one and two.	Send Journal Entry One to Partner
Week 3, Module 3: Personality Development	Complete reading assignments. Review and provide feedback on your partner's Journal Entry One.	Return Partner Journal Entry One Discussion Post
Week 4, Module 4: Personality Traits	Attend Class Session Two, Complete reading assignments. Prepare Journal Entry Two for module three and four.	Send Journal Entry Two to Partner
Week 5, Module 5: Self Awareness	Complete reading assignments. Review and provide feedback on your partner's Journal Entry Two.	Return Partner Journal Entry Two

		Discussion Post
Week 6, Module 6: Personal Identity	Attend Class Session Three, Complete reading assignments. Prepare Journal Entry Three for module five and six.	Send Journal Entry Three to Partner
Week 7, Module 7: Artistic, Creative Self	Complete reading assignments. Review and provide feedback on your partner's Journal Entry Three.	Return Partner Journal Entry Three Discussion Post
Week 8, Module 8: Professional Life	Attend Class Session Four, Complete reading assignments. Prepare Journal Entry Four for module seven and eight.	Send Journal Entry Four to Partner
Week 9, Module 9: Moral Life	Complete reading assignments. Review and provide feedback on your partner's Journal Entry Four.	Return Partner Journal Entry Four Discussion Post
Week 10, Module 10: Summarization Projects	Attend Class Session Five, Complete reading assignments. Prepare Journal Entry Five for module nine and ten.	Send Journal Entry Five to Instructor

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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

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This document was updated 7-1-21.

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