Instructor: Deb Savage  
Email: deb.savage@doane.edu  
Phone will be given to you on the first night of class.

Course Description
This course introduces students to techniques that build self-awareness and understanding. Students will develop strategies to become more aware of their emotional responses and master skills that will allow them to self-regulate and respond appropriately and effectively to situations that are challenging and stressful. They will learn the value of increasing their self-confidence, optimism, and self-motivation to improve productivity and performance. Upon completion of this course, students will understand their values and know how to make decisions and take actions that are in alignment with those values.

Course Objectives
Students will develop and apply the following into their daily behaviors:
- Identify strengths and put them into practice.
- Begin the process of connection to their purpose.
- Become aware of the seven decisions that determine personal success.

Required Text

   ISBN: 978-0-7852-6428-6

   ISBN: 978-0-8499-4888-6


   ISBN: 978-1-4221-1734-7  
   (THIS IS A REQUIRED BOOK FOR NRS 306, 307 and 416)
Optional Text


Grading will be based on attendance, participation in class discussion, writing assignments and presentation.

Absences will be dealt with on an individual basis. If you are going to be gone, please notify the instructor prior to class.

Class Schedule

August 24th, Friday evening (6:00 – 9:00ish)

*** YOU MUST READ THE TRAVELER’S GIFT PRIOR TO THIS CLASS !!!!
Watch video of the 7 Decisions (2 hours and 40 minutes)

August 25th, Saturday (9:00 – 3:00ish) Bring all books to class.

Complete STANDOUT Assessment – print copy
Complete Emotional Intelligence Assessment – print copy
Complete chapters 1 & 2 of Becoming a Resonant Leader (p. 1 – 43)

** VERY IMPORTANT-PLEASE NOTE **
IF YOU CANNOT ATTEND FRIDAY, AUGUST 24TH CLASS YOU WILL NOT BE ABLE TO COMPLETE THIS COURSE. IT IS IMPERATIVE YOU ARE AT CLASS ON THIS EVENING AND ON AUGUST 25TH AS WELL TO COMPLETE AND RECEIVE CREDIT.

Grading: Total – 100 points (look over closely)
Attendance: 50 points
Participation: 50 points (You will be asked to grade your own participation as part of developing self-awareness and give evidence of why you deserve this grade).

You cannot participate if you are not there. Your grade is dependent on attendance and participation.

Total Points:
100 – 95 = A
94 – 90 = A-
89 – 85 = B+
84 – 80 = B
79 – 75 = C

Below 74 = F