NRS 305 Syllabus
Personal and Professional Development I
Date: (3/18) (4/1) (4/15)
Monday Evenings

Instructor: Drew Case
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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: 978-0-7852-7322-6

   ISBN: 9781400202379

NOTE: STANDOUT AND EMOTIONAL INTELLIGENCE 2.0 are textbooks that include a code to access special resources on the Internet; so purchasing a used copy of the text is not an option. You won’t get a code if you purchase a used copy, and the code is necessary to complete the assignments. One of the reasons we are using these texts is that they are the most affordable texts on the market for a survey course in leadership. The publisher has been able to reduce the cost by putting electronic and print resources on line rather than in the text. If you purchase this book on-line, you run the risk of not having access to those electronic and print resources that you may need to complete assignments. I advise you to purchase this text through the Doane bookstore.

Optional Text

   ISBN: 978-0-7852-6141-4

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

March 18th (6:00 pm – 9:00pm)

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

April 1st Bring STANDOUT book to class **YOU MUST READ PRIOR TO CLASS**
Complete STANDOUT Assessment online PRIOR to class– print copy and bring to class

April 15th - Bring Emotional Intelligence 2.0 to class **YOU MUST READ PRIOR TO CLASS**
Complete Emotional Intelligence Assessment online PRIOR to class – print copy and bring to class

View Dan Goleman Video
**VERY IMPORTANT-PLEASE NOTE**

Grading: Total – 100 points (look over closely)
Attendance: 60 points
Participation: 40 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