



Syllabus

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What You Should Already Know

There are no prerequisites for this course, but if you've ever thought deeply about yourself and your future, it will help you to be successful in the course. You need to know how to think clearly. You also need to be willing to follow directions and have confidence that the course will help you to improve your self-concept and your ability to handle life's challenges if you successfully apply the lesson concepts.

Learning Outcomes

When you have completed this course, you should be able to do the following:

1. Discover and analyze those values and virtues that are most important to you and to society.
2. Identify several ways that make you a very unique individual.
3. List and analyze ways each person's life has a purpose.
4. Complete an outline and a plan to assist you in becoming empowered as a person.
5. Develop a plan to set personal boundaries that will increase your-self discipline.

Course Materials

You do not need to purchase a textbook or any additional materials for SELFG 43.

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Course Organization

Assignments

This course includes seven units plus a review quiz. You will be expected to develop and complete an empowerment outline. The implementation of the outline will help you become empowered, with lots of self-confidence and self-discipline. You will learn a great deal about yourself and what you really believe and value. A student who completes the outline but fails to implement the outline will have missed out on the purpose of the course.

Self Check Quizzes

Self-check activities are not graded and are for your benefit in preparation for taking graded assignments. Remember, Self-check scores do not count toward your grade. They are simply for practice and self-assessment.

Unit Quizzes

Each unit has a unit quiz, for a total of eight counting the review quiz. These assignments do count toward your grade; in fact, in this course the unit quizzes account for 80 percent of your course grade.

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Exams

The final exam for this course has 50 multiple-choice questions about material in each of the units. The final exam is worth only 20 percent of your course grade.

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Grading

Your grade for this course is determined by how well you do on the eight graded assignments and the final exam. The unit quizzes and final exam are weighted as follows:

Unit 1 Quiz	15%
Unit 2 Quiz	12%
Unit 3 Quiz	12%
Unit 4 Quiz	8%
Unit 5 Quiz	8%
Unit 6 Quiz	12%

Unit 7 Quiz	8%
Review Quiz	5%
Final Exam	20%
Total	100%

Your grade for this course is determined by how well you do on the eight graded assignments and the final exam. It is based on the following grade scale.

Grade Scale	
A	94–100
A-	90–93
B+	87–89
B	84–86
B-	80–83
C+	77–79
C	74–76
C-	70–73
D+	67–69
D	64–66
D-	60–63
E (fail)	59 or below

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