PSYC 105 : Assertive Behavior: Theory and Practice

A. Course Description

Credits: 3

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

This course deals with the origins of assertiveness training in behavior therapy and applies the theory of assertive behavior as a personal and professional growth tool for dealing with passive and aggressive behavior in oneself and others. Students apply concepts of assertiveness to personal, social and vocational life situations.

B. Course Effective Dates: 09/06/1999 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Student will be able to apply theories of assertiveness to personal, social, and professional life.
2. Student will develop an understanding of assertiveness as it relates to personal and professional development.
3. Student will learn theories of assertiveness.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None