



RBUS300 – Self- Leadership and Personal Growth

Master Course Syllabus

Course Overview (QM Standards 1.2)

Course description: *Self-leadership and Personal Growth* is an eight-week online, three credit hour course covering the topics of self-leadership and personal growth. The course will be delivered in five modules using a basic text, self-assessments, classic articles, internet sources, and film and literature cases. This course requires intensive writing to complete the assignments. Assessments will be based upon instructor provided rubrics for all assignments. The online course will be delivered asynchronous, but students may be required to read, comment or critique submissions of other students or assigned peers. Discussions and/or joint assignments may also be effectively used to engage students in asynchronous discussions.

The course will focus on self-assessment, reflection and interpersonal skill development. Individual assignments and group exercises, film and literature will be used to explore the self, to engage in activities with others, and to allow for meaningful introspection into one's own values, motivation, and ethics. Topics such as work-life balance, personal financial management, and career planning will be explored. The course will be delivered in five modules using a basic text, self-assessments, internet sources, and film and literature cases. This course requires intensive writing to complete the assignments. Assessments will be based upon instructor provided rubrics for all assignments. The readings, assignments, and activities are designed to allow the student to explore the "self" and to allow for meaningful introspection into his or her own values, motivation, and ethics. Topics such as work-life balance, personal financial management, career planning will also be explored.

This course is targeted to the junior or senior level student in the RBA program desiring a course to constructively bridge their life and academic experiences to foster improved leadership capabilities. The course is non-major specific.

Upon completion of the course, students should be able to:

1. Write concise, clear, correct, and coherent narratives reflecting personal emotions, values, and beliefs;
2. Make a purposeful and reflective judgment of values and actions of fictional characters of film and literature and relate to their own lives;
3. Define self-leadership and develop personal strategies for self-improvement.

Course Goals:

The intent of this course design is to achieve the following:

1. To constructively engage students' critical thinking and analytical skills in self-assessment to further their understanding of individual values, motivation, and ethics.
2. To improve students' expressive and expository writing skills and research capabilities.
3. To encourage students to purposefully engage in self-improvement through thoughtful analysis contemporary and classic literature and film.
4. To expose students to an environment of reflective learning and emphasize the importance of self-directed and life-long learning in career and personal success.

Pre-Requisites (QM Standard 1.6)

There are no course prerequisites for this course other than being an RBA (Regents Bachelor of Arts) student. If you are familiar with reflective thinking, and can express yourself through well written and properly organized narratives, you should meet or exceed expectations for this course.

Minimum Technical Requirements and Online Resources (QM Standards 1.5 & 1.7)

In addition to a web browser (preferable Firefox) that is Blackboard compatible, you will need the other WVROCKS supported technologies outlined in the student policies section.

Online Resources: This course makes use of many online resources. I have made every effort to make sure the links I have are up-to-date. However, due to the changing nature of the web, you may find that a resource is temporarily unavailable or has been removed. If this should happen, please send me an email and I will find an alternative resource or modify the assignment accordingly.

Instructor Information (QM Standards 1.8 & 5.3)

Individual instructors complete this information.

Virtual Office Hours

I am available in my virtual office by appointment only. Send me an email to set up an appointment.

Personal Commitment

My personal commitments to you as a participant include:

- I will reply to course mail messages within 24 hours;
- I will read all discussion postings and will reply where appropriate within 3 days
- I will acknowledge my receipt of every course mail message immediately upon reading it. If I am unable to respond to the request or concern at the time of initial reply, I will give you an estimated time for my next reply.

- If I am going to be away from the course space for more than a day or two, I will send a message to you indicating the length of my absence.
- I will regularly update information regarding due dates in the course announcements.

Optional/Required Course Materials (QM Standard 4.6)

You will find your required textbook information in the course catalog at <http://ilearn-wvrocks.wvnet.edu>. **Additional Materials:**

- *All My Sons* (Universal Cinema 1948) may be rented, or purchased from Amazon.com. You may also try borrowing from your campus or local library.
- *Norma Rae* (20th Century Fox 1979) may be rented, or purchased from Amazon.com. You may also try borrowing from your campus or local library.
- *Remember the Titans* (Walt Disney Pictures 2000) may be rented, or purchased from Amazon.com. You may also try borrowing from your campus or local library.
- *Excerpts from Miguel de Cervantes' Don Quixote* will be made available to you in the applicable module either as a PDF or a web-based content.

Grading Policy (QM Standard 3.2)

Grading Scale:

- A: 785 - 870 points
- B: 699 - 784 points
- C: 613 - 698 points
- D: 516 - 612 points
- F: 515 or less points

LATE or MISSED assignments will not be accepted. This includes any written assignment, quiz, exam, or other assignment. Once a module is closed, all assignments in that module will not be available for make-up. Students should review the modules carefully and plan accordingly. Any deviation from this policy will require prior approval from the instructor.

Module Objectives and Assessments (QM Standard 2.2, 2.3, 2.4, 2.5, 3.4, 3.5, 5.1)

Module 1

After you have complete the readings and content for this module you will be able to:

- Illustrate how our behavioral choices shape our world and are shaped by rewards, laws and rules [**M1A1: Chapter 1 Quiz, M1A2: Chapter 2 Quiz, M1A3: All My Sons Discussion**]
- Develop a biographical summary including short and long range goals [**M1A4: What's Your Story Essay**]

- Compare and contrast him or herself to the behavioral choices of a major literary character [**M1A3: All My Sons Discussion**]

Module 2

After you have complete the readings and content for this module you will be able to:

- Self-reflect on the concept of purpose and apply self-imposed strategies including self-observation, self-goal setting, self-reward, and self-punishment. [**M2A1: Chapter 3 Quiz, M2A2: Chapter 4 Quiz, M2A4: Chapter 5 Quiz, M2A5: Chapter 6 Quiz, M2A7: Self-Talk Essay**]
- Describe how being able to choose the emotions he or she experiences can have a significant impact on how he or she feels and the influence on their behavior and performance [**M2A1: Chapter 3 Quiz, M2A2: Chapter 4 Quiz, M2A4: Chapter 5 Quiz, M2A5: Chapter 6 Quiz, M2A6: Norma Rae Discussion**]
- Describe the value shifts he or she has or may experience throughout life and define causes for such shifts [**M2A3: Reflected Best Discussion, M2A6: Norma Rae Discussion**]
- Develop an inventory of their personal strengths in his or personal lives [**M2A3: Reflected Best Discussion, M2A7: Self-Talk Essay**]

Module 3

After you have complete the readings and content for this module you will be able to:

- Explain the relationship of mental and behavioral self-leadership strategies at the team level [**M3A1: Chapter 7 Quiz, M3A2: Chapter 8 Quiz, M3A4: Chapter 9 Quiz, M3A6: Essay**]
- Give examples of ways in which self-leadership strategies can be applied to personal problems and work/organizational situations [**M3A1: Chapter 7 Quiz, M3A2: Chapter 8 Quiz, M3A3: Quixote/Commitments Discussion, M3A4, M3A5: Titans Discussion**]
- Relate to elements of the individual dimensions of leadership including: creativity; overcoming habits; vertical vs. lateral thinking; leadership challenges and key elements of leadership [**M3A3: Quixote/Commitments Discussion, M3A6: Essay**]
- Identify what values are most important and how much or how little resources are devoted to them [**M3A3: Quixote/Commitments Discussion, M3A6: Essay**]

Module 4

After you have complete the readings and content for this module you will be able to:

- Describe the overall importance of fitness to self-leadership [**M4A1: Chapter 10 Quiz, M4A2: Chapter 11 Quiz, M4A3: Reawakening Passion Discussion**]
- Describe the relationship between personal effectiveness and factors that makes him or her unique [**M4A4:Essay**]

- Define tools for reflection to keep passion in his or her work [**M4A3: Reawakening Passion Discussion**]

Module 5

After you have complete the readings and content for this module you will be able to:

- Describe the influence self-leadership strategies have on personal effectiveness and self-efficacy [**M5A1: Chapter 12 Quiz, M5A2: Lessons in Self-Leadership Reflection, M5A4: Culminating Essay Assignment**]
- Describe how literature, film, and/or art can have meaning and impact on personal development [**M5A3: Managing Oneself Discussion**]
- Describe the relationship between personal effectiveness and factors that makes him or her unique [**M5A3: Managing Oneself Discussion**]