

How to Succeed at Being You: Learning Tools for Navigating Your Life

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Class Schedule: Class will meet twice weekly from 3:00 to 4:30 on Monday and Wednesday

Start Date: 10-03-2011 End Date: 5-16-2012

Cost: \$250 per semester Credit: .5 per semester Location: NF Vision

Students in this class will study and learn about the most important person in their lives—themselves.

Young people have two minds—one that thinks and one that feels. How they function each day and throughout life is determined by both. Emotions serve to establish our position relative to our environment, pulling us toward certain people, objects, actions, and ideas and pushing us away from others. They allow us to defend ourselves in dangerous situations, fall in love, protect the things we value, mourn significant loss, and overcome difficult obstacles in the pursuit of goals. Rational intelligence cannot perform well without emotional intelligence and emotional intelligence benefits from the cool cognitive judgments of the rational mind. When the two work together smoothly and efficiently, emotional intelligence rises and so does intellectual ability.

Through in-class processes and reflection, students will explore the following topics and learn what each means to them :

- *Self-awareness
- *Managing feelings
- *Decision making
- *Managing stress
- *Personal responsibility
- *Self concept
- *Empathy
- *Communications
- *Group dynamics
- *Conflict resolution

Each of the educators has spent many years focusing on their own inner processes and will serve as guides for the students inner explorations.