

Syllabus

SPD 110 Self-Awareness

Course Overview

Course Instructor

Name	Rev. Dr. Nickie Golden
Virtual Office Hours	Monday's prior to Collaborate session.
Telephone	808-389-6715
E-Mail	drnickiegolden@gmail.com
Response Time Policy	Email will be answered during office hours and other times as available.

Course Description

Self-awareness is necessary for optimal balance and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are more than physical body; they also have spiritual and soul (psyche) dimensions which are equally if not more important than the body. Students will explore the dimensions of self by studying various systems and techniques for self-awareness. They will become more conscious of: their attitudes, beliefs and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Identify and articulate current belief systems regarding key areas of life such as but not limited to health, finances, and relationship.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy
- Increase effective communication skills to enhance relationships.
- Evaluate and personal stressors and formulate mediation strategies.
- Recognize obstacles to self-esteem and self-love and develop strategies for increasing consciousness in these areas.

- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Required Text/Readings

- Butterworth, Eric. 1982. *In the Flow of Life*. Unity Village Publisher, Unity Books.
- Hendricks, Gay. 2000. *Conscious Living: Finding Joy in the Real World*. San Francisco: Harper San Francisco.

Recommended Text/Readings

- Hay, Louise 1984. *You Can Heal Your Life*. Santa Monica: Hay House.

Live Collaborate Class Sessions

Monday, 7:00 pm to 8:30 pm. All times Central Time (CT) Zone

January 2019

1. January 21, 2019
2. January 28, 2019

February 2019

3. February 4, 2019
4. February 11, 2019
5. February 18, 2019
6. February 25, 2019

March 2019

7. March 4, 2019
8. March 11, 2019