

Course Syllabus

ADS 178

CRN 10015

LIFE SKILLS

Fall 2013

Instructor: Aruna Patel

Contact Information: aruna.patel@imperial.edu

Office Room 302 BAO (By Appointment Only)

Phone # 760(355-6579)

Course Number: Alcohol and Drug Studies 178, 1 unit

Course Time: 6:30PM- 9:40 PM, Wednesday, 10/30/-11/27/2013

Course Location: Room 810

Required Text:

1. *Living Sober by Alcoholics Anonymous World Services, Inc.*
2. *Staying Sober A guide for relapse prevention:* Terence T. Gorski and Merlene Miller

Course Description: This course is designed to present an in-depth overview of the skills to better living for those in recovery from abuse and addiction and life in general.

Course Objectives:

Students will be able to recognize living life on life's terms, bad behaviors, abuse and child abuse with special emphasis on brief intervention and emotive behavioral therapies to change their life around. Students will be able to work on their emotional wholeness and learn to balance their own life.

Student's Learning Outcome: ADS 178- Students will be able to identify deficit areas of life skills such as relapse prevention and prepare a relapse prevention plan. A new way of living by understanding what makes a person do certain behaviors. Students will learn survival techniques and implement them in their daily life.

Grading Criteria:

The breakdown of this course is on a grade point scale:

Assignment	Points	Percent toward grade
Thought Paper	80	40%
Final	20	50%
Group work 1.	20	
Group work 2.	20	
Group work 3.	20	
Group work 4	20	
Attendance	20	10%

No late Assignment.

Attendance: Attendance:

Students are expected to attend each class lecture as scheduled and remain present for the duration of the classroom session. Attendance is crucial and highly recommended, as it counts for 10% toward your final grade. Any student who misses the first day of class will be dropped. Students missing more than 3 hours' worth of class may be dropped or student missing more than a week of class hours continuously will be dropped too. Any student arriving late more than 3 times will be marked with one absence. Three absences are grounds for dropping from the rest of the semester.

Allowances of absence may be made by the instructor on a "case-by-case" basis for special circumstances (i.e.: medical necessity, family/personal tragedy) provided the intent of the IVC attendance policies and the objectives of this course are adhered to. Should a student be absent from class, proper notification to the instructor need be made via email. Instructor must be contacted prior to missing an exam except in a documented emergency situation. There is no make-up test for this class.

It is the responsibility of the individual student to obtain class materials, handouts, and/or notes given during their absence.

It is the responsibility of the individual student to complete and submit the required administrative forms for withdrawing from this course.

Classroom Disturbances:

Please turn off cell phones, pagers and iPods before coming to lecture and during group work. Students who do not comply will be asked to leave the room for the day. If you know you are going to be late, please give prior notice to the instructor. No eating allowed during class time, only bottled water or drink containers with a lid on allowed during lecture time.

Disruptive students:

Most of the students who are enrolled in this class are here to learn however some of the students are not so serious. To preserve a productive and positive learning environment, the students who to disrupt or interfere with a class activities will be sent out of the room for that class period, will also be told to meet with Mr. Sergio Lopez, Campus Disciplinary officer if the disruption continues. Mr. Lopez will follow the disciplinary procedures as outlined in the General Catalog before returning to continue with the coursework.

DSP&S Statement:

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Program Services (DSP&S) office at the Mel Wendrick Access Center as soon as possible.

Mel Wendrick Access Center
DSP&S
Room 2117
Health Sciences Building
(760) 355-6312

Cheating Policy:.

Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline. Cheating includes but is not limited to looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Baseball caps may not be worn during quizzes or tests. Do not use iPods or such music-providing devices during lecture or tests.

Attentive Schedule for 5 weeks October 31th to November 27th 2013

October 31 ST 2013	Introduction to the Course Syllabus and course work Group work Discussion what life means to an individual.
November 6 th 2013	Lecture #1 Life skills. Group work on self-image and emotional well-being.
November 13 th 2013	Lecture #2. Group activity Survival activity.
November 20 th 2013	Lecture #3 Group work build self-esteem
November 27 th 2013	Lecture #4 Group work Finals