

Justice Institute of British Columbia COURSE OUTLINE

Course Code: CY264

Course Title: Tools for Success: Enhancing the Emotional Intelligence of Youth

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
----------------------	------------

Course Description:

This course provides practicing professionals with new and innovative ways to support youth in developing their emotional capacity and resiliency (intelligence), thereby enabling youth to feel more confident, valued, and purposeful in life. Topics include: recognizing core strengths and using these as a catalyst for change; identifying core beliefs that are self-limiting and/or violence-based; reframing cognitions into an emotionally healthy framework; and learning how to support youth in practicing effective emotions management in daily life. This course will focus on skills required to support youth in redefining their power and their connection to others, and in building motivation for change. Course content is applicable across multiple settings (counseling, social work, education, corrections).

Course Goal(s):

At the end of this two day, fourteen hour course, participants will have created a “toolbox” of experiential and creative resources to assess and enhance the emotional intelligence of youth. Participants will also present a personalized youth-oriented case study and create a “power plan” for reinforcing and enhancing youth-based emotional intelligence.

Course Learning Objectives:

Upon successful completion of this course, the learner will be able to:

1. Begin identifying one's own values and assumptions regarding the emotional intelligence of youth
2. Successfully recognize and acknowledge (in a youth friendly manner) the strengths and capacity of youth
3. Explore Belief Systems with youth; including how beliefs, self-esteem and confidence relate to self control and managing emotions
4. Introduce basic concepts in youth based emotions management, including anger and anxiety
5. Learn about the connection between beliefs, thoughts, feelings and actions
6. Identify triggers, stressors and risky situations to help create a “power plan” for action
7. Explore and practice strategies for constructively expressing emotions

8. Learn about and practice conflict resolution and communication strategies that help build healthy, meaningful relationships
9. Explore the role of spirituality and gratitude for building self-awareness, personal power and purpose

Course Topics/Content:

- Personal Exploration of Values & Assumptions about Youth
- Focusing on Strengths as a catalyst for Change
- Beliefs: Self Limiting vs Self Actualizing
- Supporting Youth to “Think Different”
- Translating Thoughts into Action
- Creating a personalized Toolbox for Change
- Power Planning for Action

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			

Total Class Hours	14.0			
--------------------------	------	--	--	--

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Pass
-----------------------	------

JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy

Academic Appeals Policy
Intellectual Property Rights Policy



Prior Learning Assessment Policy
Student Code of Conduct

Research on Human Subjects: Ethics
Student Records