

# NC 504: SOCIAL SKILLS FOR SUCCESS

## Instruction Type(s)

Lecture, Online Education Lecture

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	0
Total Contact Hours:	24
Lecture Hours :	24
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	48
Total Student Learning Hours:	72
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

## Catalog Course Description

This course is designed for adults with disabilities. It supports students who desire to achieve success in personal, academic, and professional settings. Emphasis is on development of effective skills related to communication, self-advocacy, appropriate social interaction, adaptation, and problem-solving. 24 lecture hours.

## Course Objectives

- Recognize the unique characteristics of individual personality and identity.
- Demonstrate an understanding of the significance of social relationships in personal and professional settings.
- Describe appropriate responses to stressful situations in various settings.
- Increase understanding of the need for individual respect and personal space.
- Demonstrate the ability to advocate for oneself.
- Describe success habits in one's personal and professional life.

## Major Course Content

1. Using appropriate conversation
2. Finding common interests with others
3. Using humor appropriately
4. Entering and exiting conversations with peers
5. Managing rejection, criticism, and teasing
6. Choosing positive friends
7. Handling conflict
8. Addressing peer pressure
9. Etiquette at social events

## Examples of Outside Assignments

Students will complete personal journal exercises, using writing or art, that demonstrate self-reflection in relation to course material as it pertains to their personal lives.