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Metagoals

This course seeks to provide a total growth experience, by educating both the cognitive and the emotional aspects of an individual. Thus it contains elements of traditional education: the reading of books, discussion topics, and written paragraphs. But it is also experientially based, so that the relevance to our own lives of what we read and discuss becomes immediately apparent.

The underlying assumption behind the course is that effective communication between men depends a great deal on knowledge of self. Thus, there are three main focal points:

- 1) Who we are: self-awareness on an individual level.
- 2) How we live: the development of a system of values, and the consideration of intentional living.
- 3) How we interact with others: concentration on both verbal and nonverbal communication skills.

Hopefully, this course will stimulate an open, trusting environment, in which individuals can share themselves and their growth. We are not isolate individuals, competing against each other for the right answer, but a group of people sharing a common quest. Let us then explore whatever reality we may discover in a spirit of mutual respect and cooperation.

Course Objectives

On one level, we may hope to expand consciousness, increase insight, promote openness and understanding. The actual course objectives are less ambitious and are concerned with the fulfillment of certain specific requirements, such as the completion of common readings, exercises etc.

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Outline of Course

UNIT I

Session 1: 4/13

A. Expectations for the course

1. My expectations:
 - a. about education
 - b. about self-awareness
 1. explain assessment sheet
 2. explain principle of self-monitoring
 - c. about process
 2. Elicit expectations of students
- B. Exercise: Who You Are Right Now
1. lecturette:
 - a. history vs. the ongoing moment
 - b. function vs. essence
 - c. essence vs. becoming
 2. cautionary note: Lazarus' Inner Circle

Session 2:

A. Exercise: Getting to Know Each Other

1. I like you because...
 2. I have this reservation about you...
- B. Listening Exercise Using Personal Maps 4/17

Session 3:

A. Lecturette: What is Self?

1. trait-and-state theorists vs. the situation-specific model: determining influences
2. consciousness vs. perception
3. naturalness vs. learning

B. Discussion: Loss of Self (Kafka) 4/20

C. Exercises: How you See Yourself

1. mind wardrobe
 2. coloring: a) where you are now b) where you'd like to be
 3. person loved/ person hated/ self: all as animals
 4. getting in touch with strengths and resources
 - a. I have available...
 5. self-sabotage game
- 4/24

Session 4: 4/24

A. Lecturette: Persona

1. importance of self-observation
2. importance of objectivity
3. ability to change from mechanical to intentional behavior

B. Role-Playing: Outer Theater

1. Gestalt - working out internal dualities
 2. changing a mechanical role
- * ASSIGNMENT: during the week, act differently than you normally would in a given situation.

C. How Others See You

1. animal game
 2. stereotypes: sex roles
- 4/27 a. Virginia Woolf game