

Bakersfield College
Course Outline of Record Report
 12/08/2020

PSYCB61NC : Psychological Resilience Skills Training

General Information

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Attachments:	<p>PSYC B61NC Critical Thinking Assignment 2.docx</p> <p>PSYC B61NC AssessmentMappingForm (1).docx</p>
Course Code (CB01) :	PSYCB61NC
Course Title (CB02) :	Psychological Resilience Skills Training
Department:	Psychology
Proposal Start:	Spring 2021
TOP Code (CB03) :	(0837.00) Health Education
CIP Code:	(31.0501) Health and Physical Education/Fitness, General
SAM Priority Code (CB09) :	No value
Distance Education Approved:	No
Course Control Number (CB00) :	No value
Curriculum Committee Approval Date:	Pending
Board of Trustees Approval Date:	Pending
External Review Approval Date:	Pending
Course Description:	Introduces theories, strategies, and methods to be used to create and build psychological resilience skills. The course examines resilience research, case studies, and includes an examination of evidence-based cognitive, emotional, interpersonal, and self-care skills that have been demonstrated to reduce risk of major psychological disorders. The course will examine resilience from societal and multicultural perspectives. .
Submission Rationale:	<p>New Course</p> <p>The course is designed to teach strategies and methods to develop and maintain psychological resilience.The course is non-credit and is designed for training purposes.</p>
Coordinators:	No value

Minimum Qualifications

Discipline requiring a Master's Degree:	<ul style="list-style-type: none"> • Psychology
Disciplines in which a Master's Degree is not usually available:	No value
Disciplines in which a Master's Degree is not generally available BUT which requires a specific Bachelor's or Associate Degree:	No value

Course Development Options

Course Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Rationale For Credit By Exam/Challenge

No value

Course Support Course Status (CB26)

Course is not a support course

Course Special Class Status (CB13)

Course is not a special class.

Allowed Number of Retakes

99

Retake Policy Description

This is a noncredit course. Student can re-enroll as many times as necessary to achieve satisfactory progress.

Grade Options

- Other: Ungraded

Course Prior to College Level (CB21)

No value

Allow Students To Audit Course

Associated Programs

Course is part of a program (CB24)

Associated Program

No value

Award Type

No value

Active

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

Y

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours

Summary

Minimum Credit Units (CB07)	-	Total Course In-Class (Contact) Hours	18	Total Student Learning Hours	18
Maximum Credit Units (CB06)	-	Total Course Out-of-Class Hours	-		

Credit / Non-Credit Options

Course Credit Status (CB04)

Non-Credit

Course Non-Credit Category (CB22)

Health and Safety.

Non-Credit Characteristics

Learning Assistance

Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	-
Laboratory Hours	-	-
Activity Hours	-	-

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	-
Activity	-
Total	18
Course Out-of-Class Hours	
Lecture	-
Laboratory	-
Activity	-
Total	-

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Requisites

No Value

Limitations on Enrollment

Limitation	Provide Rationale
No value	No value

Specifications

Methods of Instruction

Method of Instruction Lecture

Rationale	No value
Method of Instruction	Class Activities
Rationale	No value
Method of Instruction	Skills Demonstrations
Rationale	No value
Method of Instruction	Required Reading
Rationale	No value
Method of Instruction	Skills Development and Performance
Rationale	No value
<p>Assignments</p> <p>PSYC B61NC Critical Thinking Assignment</p> <p>Review the following situation and answer the questions which follow:</p> <p>Due to the Coronavirus, your work and/or study and/or personal life is now in a completely online environment. All communications through your work and/or study and/or personal life are either through email, phone, or zoom. Over the last several weeks, you notice that you are becoming increasingly anxious, depressed, and angry. Define and describe three strategies which could be effective to help you build psychological resilience. Include brief summaries of research which supports their effectiveness.</p> <ol style="list-style-type: none"> 1. Describe what steps you would take to implement these strategies. 2. Describe what methods you would use to assess the effectiveness of these strategies after implementing them. 	
Methods of Evaluation	Methods of Evaluation Rationale
Skills Demonstration (in class)	No value
Written Exams (Quizzes, Midterm, and/or Final Examination)	No value
Non-computational Problem-Solving Demonstrations	No value
Presentation	No value

Equipment

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Glenn R. Schiraldi	The Resilience Workbook: Essential Skills to Recover from Stress, Trauma, and Adversity	New Harbinger Publications	November 2017	9781626259423

Other Instructional Materials

No Value

Materials Fee

None

Learning Outcomes and Objectives**Course Objectives**

1. Understand, anticipate, and identify sources and causes of anxiety and depression.
2. Apply the concepts of evidence-based approaches including positive psychology, cognitive behavioral therapy (CBT), mindfulness, and skills for regulating stress,
3. Understand, explain, and devise strategies to increase psychological resilience to the workplace and the community.

CSLOs

1. Upon successful completion of the course, the student will be able to apply their analysis of studies, data, and other findings regarding strategies to promote psychological resilience. Expected SLO Performance: 70.0
2. Upon successful completion of the course, the student will be able to implement strategies for promoting and increasing psychological resilience in the workplace. Expected SLO Performance: 70.0

Outline

Course Outline

Basic principles of psychological resilience (6 hours)
 Strategies Increasing happiness, positivity and productivity (3 hours)
 Multicultural approaches and definitions of happiness (3 hours)
 Strategies for promoting psychological resilience (4 hours)
 Assessing results (2 hours)

Distance Education Criteria and Standards_3.1

Please choose all of the delivery methods applicable to this course.

- Face to Face
- Hybrid (requires face to face meetings)
- Online (Flexible, purely online no face to face contact)
- Interactive (Scheduled, synchronous distance modality)

Rigor statement: The same standards of course quality shall be applied to distance education as are applied to traditional classroom courses in regard to the course quality judgments made pursuant to the requirements of Section 55002. The same expectations applies to any local course quality determination or review process.

- Methods of evaluation and out of class assignments are the same as for a face to face course.

If the methods of evaluation differ from a face to face courses, please indicate what the differences are and why they are being used.

No Value

If the face to face course has a lab, field trip, or site visit explain how these components will be performed in the online course. Be sure to identify how the lab component will differ from a homework assignment.

No Value

All approved courses offered as distance education shall include regular, effective contact between instructor and students. Effective methods are expected to be utilized by all instructors teaching the course but are not limited to the choices below. Choose the methods demonstrating effective INSTRUCTOR/STUDENT contact for this course. (Choose all that apply)

- Discussion Forum
- Email and other online Messaging
- Interactive Video
- Instant messaging/text
- Class Announcements
- Assignment Feedback

All approved courses offered as distance education shall include regular, effective contact between instructor and students. Effective methods are expected to be utilized by all instructors teaching the course but are not limited to the choices below. Choose the methods demonstrating effective STUDENT/STUDENT contact for this course. (Choose all that apply)

- Discussion Forum
- Email other online messaging
- Interactive Video
- Instant messaging/text
- Message Board

All approved courses offered as distance education shall include regular, effective contact between instructor and students. Effective methods are expected to be utilized by all instructors teaching the course but are not limited to the choices below. Choose the methods demonstrating effective STUDENT/CONTENT contact for this course. (Choose all that apply)

- Discussion Forum
- Email and other online messaging
- Interactive Video
- Library Workshop
- Message Board

Purely because of the delivery mode, will you require additional software or hardware beyond basic computer and web browser capabilities?

No

Federal and state regulations require that all online course materials be made available in an accessible electronic format. By checking both boxes below, the instructor is ensuring compliance with Section 508 of the Rehabilitation Act.

- Instructor will ensure the course is 508 compliant using the Course Management System and other tools as needed.
- Instructor will ensure textbook and any other courses materials are 508 compliant.

A good practice is that section size should be no greater in distance education modes than in regular face to face versions of the course. Will the online section for this course differ from face to face sections?

- No

If the online section of the course will differ in size from face to face sections, please provide a rationale for the size difference.

No Value

Provide supplemental information for all OTHER options chosen in the sections above.

No Value