

Minnesota State University Moorhead

UNIV 141: Assertiveness Training

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to enable students to learn their interpersonal rights and responsibilities, to discriminate between assertive, aggressive and submissive behavior and to acquire a set of assertive skills that, by definition, maintain the dignity of the parties involved.

B. COURSE EFFECTIVE DATES: 02/17/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Express needs in a clear and specific manner.
2. Identify the difference between passive, aggressive, indirect-aggressive, and assertive responses.
3. Recognize the importance of non-verbal communication.
4. Understand how to give and receive both positive and negative feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted