ED 589: Reclaiming Your Power

Professor: Diane Morrison
E-mail: diane@dianemorrison.com
Web site: www.dianemorrison.com

Prerequisites: Since this is a graduate level course a bachelor’s degree is required.

Course Credit: Three semester hours

Text: Please read The Seven Habits of Highly Effective People by Stephen R. Covey, New York, Simon and Schuster, OR listen to The Seven Habits of Highly Effective People audiocassettes, June 1991, Nightingale-Conant Corporation. Both are available from bookstores or the internet.

Description: The ability to take appropriate risks lies at the core of personal power. Using The Seven Habits of Highly Effective People, the student will gain a framework for risk-taking behavior that leads to increased power and the resulting rise in self-esteem, reduction in stress, and enhanced relationships.

Course Objectives:
1. To recognize the impact of appropriate risk-taking on personal power.
2. To gain an understanding of the need for risk.
3. To grasp the key components of the Seven Habits of Highly Effective People and learn methods for incorporating them into risk-taking behavior.
4. To recognize behavior that limits the individual from taking appropriate risks and developing his/her personal power.
5. To investigate the link between low self-esteem, stress, and poor relationships with the loss of personal power.
6. To develop a lesson plan incorporating an aspect of the Seven Habits of Highly Effective People that will help students engage in appropriate risk-taking behavior.