

**Clackamas Community College**  
Online Course/Outline Submission System

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Show changes since last approval in red                  
   

**Section #1 General Course Information****Department:** Counseling**Submitter**

First Name: Guadalupe

Last Name: Martinez

Phone: 3185

Email: lupem

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**Course Prefix and Number:** HD - 154

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**# Credits:** 1**Contact hours**

Lecture (# of hours): 11

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 11

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

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**Course Title:** Building Self-Confidence**Course Description:**

This course is designed to address the elements forming and influencing self-confidence as well as practicing techniques on disarming your inner critic, dealing with fear, reflection of confidence on self-esteem, personal power, and building on personal accomplishments and assets.

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**Type of Course:** Lower Division Collegiate

Is this class challengeable?

**No**

Can this course be repeated for credit in a degree?

**No**

Is general education certification being sought at this time?

**No**

Does this course map to any general education outcome(s)?

**No**

Is this course part of an AAS or related certificate of completion?

**No**

Are there prerequisites to this course?

**No**

Are there corequisites to this course?

**No**

Are there any requirements or recommendations for students taken this course?

**No**

Are there similar courses existing in other programs or disciplines at CCC?

**No**

Will this class use library resources?

**No**

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

GRADING METHOD:

A-F or Pass/No Pass

**Audit: Yes**

When do you plan to offer this course?

**✓ Not every term**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

**No**

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**Yes**

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. define self-confidence;
2. identify personal fears which hinder self-confidence;
3. review healthy coping mechanisms for personal fears which hinder self-confidence;
4. list and practice two methods of increasing personal self-confidence.

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***This course does not include assessable General Education outcomes.***

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Major Topic Outline:

1. Defining self-confidence and how it relates to self- esteem.
2. Inventory of personal fears and challenges that stunt a healthy self-confidence.
3. Recognizing personal power.
4. Tools for building self-confidence.
5. Application of Mindfulness techniques to enhance self-confidence.

Does the content of this class relate to job skills in any of the following areas:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

**Section #2 Course Transferability**

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

1. Is there an equivalent lower division course at the University?
2. Will a department accept the course for its major or minor requirements?
3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)

Identify comparable course(s) at OUS school(s)

How does it transfer? (Check all that apply)

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First term to be offered:

**Next available term after approval**

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