

HSER 100: Self Exploration

This group process course provides an opportunity for learners to explore self within society, their values, and attitudes, functional and dysfunctional patterns of behavior. The learners are encouraged to assess personal characteristics that may be hampering growth and be able to establish goals and action plans for change. Learners critically self-reflect through a biopsychosocial life-stage model of development that spans our lives from birth through death. The course supports the adoption of knowledge and skills for developing healthy interpersonal relationships and for working with a diversity of issues and people. The course is particularly applicable for those entering the field of human service and/or the helping professions as well as education, health sciences, or justice, etc.

Credits: 3

Prerequisites: Placement in ENG 100 or equivalent or Instructor approval

Program: [Human Services](#)