

PERSONAL DEVELOPMENT COURSES

You'll probably want to take advantage of all Moorhead State has to offer and get the most out of your college experience. The Personal Development courses are designed to help you do just that. Each course offers tips, strategies and techniques that help you personally and academically.

Take a look at the following courses that are offered through the Personal Development program and choose the one(s) best for you.

ASSERTIVENESS TRAINING

PDEV 101, One Credit

- *October 20 to December 10, 1998*
T & H from 2:00 to 3:15

ASSERTIVENESS TRAINING

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.

CAREER LIFE PLANNING

PDEV 103, One Credit

- *August 24 to October 14*
M & W from 3:00 to 4:15
- *August 25 through October 13*
T & H from 11:00 to 12:15
- *October 20 to December 10, 1998*
T & H from 11:00 to 12:15

CAREER LIFE PLANNING

Enables students to learn more about self and the world of work, to develop career decision-making skills, to familiarize themselves with career resources and to learn a process that can be utilized when experiencing career transitions.

ACADEMIC SUCCESS

PDEV 111, One Credit

- *August 25 to October 13*
T & H from 11:00 to 12:15
- *October 20 to December 10, 1998*
T & H from 11:00 to 12:15
- *September 1 to November 14, 1998*
T & H from 7:00 to 8:15 Evening Class

ACADEMIC SUCCESS

Beginning, returning and established students will learn successful methods to take better notes, combat test anxiety, improve memory, and read more efficiently in this course that increases self confidence as it better study techniques.

ENHANCING RELATIONSHIPS

PDEV 190, One Credit

- *October 19 to December 9, 1998*
M & W from 3:00 to 4:15

ENHANCING RELATIONSHIPS

For individuals or couples. Designed to enable students to:

1. Learn more about the impact of their personal style on relationship development
2. Assess their relationship patterns from a systems perspective
3. Identify, understand and apply principles about types of relationships, relationship change, and interpersonal communication and interaction

"Try not to become
a person of success
but rather

Try to become
a person of value."

Albert Einstein
(paraphrase)