WILMINGTON UNIVERSITY
COLLEGE OF ARTS AND SCIENCES
BASIC COURSE INFORMATION

COURSE NUMBER: HUM 325

COURSE TITLE: Empowerment Strategies

I. COURSE OBJECTIVES:

The students will learn to:

1. Develop a clearer understanding of, and commitment to, personal values
2. Develop creative capacities (writing, inventing, designing, performing in art, music, drama, etc.)
3. Develop increased self-awareness, strengths, talents, and abilities.
4. Plan ways to transform negative attitudes into positive ones.
5. Identify levels of performance through goal-setting techniques.
6. List practical and effective approaches to problem solving.
7. Apply techniques to overcome self-imposed limitations, fears, and doubts.
8. Express ways to improve relationships and increase empathy and respect for others.
9. Evidence critical thinking skills in class discussion, written work, assignments, and presentations.
10. Demonstrate effective mastery of these objectives through proficient written and oral expression of ideas through tests, projects, papers, and/or presentations.