



Syllabus

SPD-110 Self-Awareness

Course Overview

Course Instructor

Name: Rev Robert Brumet DD

Office Hours: By appointment.

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Course Description

Self-awareness is necessary for optimal balance and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are more than physical body; they also have spiritual and soul (psyche) dimensions which are equally if not more important than the body. Students will explore the dimensions of self by studying various systems and techniques for self-awareness. They will become more conscious of: their attitudes, beliefs and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Identify and articulate current belief systems regarding key areas of life such as but not limited to health, finances, and relationship.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy
- Increase effective communication skills to enhance relationships.
- Evaluate and personal stressors and formulate mediation strategies.
- Recognize obstacles to self-esteem and self-love and develop strategies for increasing consciousness in these areas.
- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Required Text/Readings

- Hendricks, Gay. 2000. *Conscious Living: Finding Joy in the Real World*. San Francisco: Harper San Francisco.

Recommended Text/Readings

- Butterworth, Eric. 1982. *In the Flow of Life*. Unity Village Publisher, Unity Books.
- Levey, Joel, and Levey, Michelle. 1998. *Living in Balance*: Berkeley, CA: Conari Press.

Brumet, Robert. 2013. *Living Originally* Unity Village Publisher, Unity Books.

Days Class Session Topic

Mon	Overview: Course
	Overview: Journal Journal Steppingstones / Period
Tue	Journal Dialogue Person Journal Dialogue Body
Wed	Textbook Discussion (Ch 1-2) Self-Awareness Physical
Thu	Self-Awareness Emotional Textbook Discussion (Ch 2-3)
Fri	Self-Awareness: Mental/Spiritual
	Textbook Discussion (Ch 3)

Academic Performance: Progress Evaluation

- **S: Satisfactory** = 75 - 100%
- **NC: No Credit** = 0 - 74%

Other possibilities:

- **AU: Audit** – student is not seeking credentialing (no assignments required).
- **I: Incomplete** – waiting for completion of one or more assignments. Given by approval of the Instructor due to urgent and unusual circumstance in the life of the participant

Graded Assignments

It is important to complete your assignments on or before the due dates. (Due 5pm Apr 1, 2019)

NOTE: If you experience an emergency and are unable to complete your assignments on time, Contact your instructor.

Assignment

- Respond to the following two questions:
 1. Continue working with the Intensive Journal for at least two weeks after the end of the course. Write about your experience with the Intensive Journal. Describe the process in your own words. Tell me what you learned about yourself. (500- 700 words)
 2. Continue working with the mindfulness practices for at least two weeks after the end of the course. Write about your experience with one of the mindfulness practices. Describe the process in your own words. Tell me you what you learned about yourself. (500- 700 words)
- Email (as an attachment) to rjbrumet@earthlink.net (Subject: Self-Awareness Assignment) by July 1, 2019.
 - Include a cover page with your name; course title; instructor's name; and due date.
 - Please number all pages (except cover) and include a total word count.