LL 505 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: LL 505 Title: DISCUSSION GROUP
Full Title: Discussion Group
Last Reviewed: 11/25/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	18	Lecture Scheduled	0
Minimum	0	Lab Scheduled	3.00	6	Lab Scheduled	54.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	54.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00 Total Student Learning Hours: 54.00

Title 5 Category:	Non-Credit
Grading:	Non-Credit Course
Repeatability:	27 - Exempt From Repeat Provisions
Also Listed As:	
Formerly:	OA 505

Catalog Description:
This course is designed to engage older adults in lively discussions such as consumer issues, current events, healthy aging and literature. A supportive learning community encourages expression of thoughts and feelings, deepening of understanding and openness to new ideas and divergent perspectives. The course develops effective communication skills and enhances the quality of life.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed to engage older adults in lively discussions such as consumer issues, current events, healthy aging and literature. A supportive learning community encourages expression of thoughts and feelings, deepening of understanding and openness to new ideas and divergent perspectives. The course develops effective communication skills and

enhances the quality of life. (Non-Credit Course)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Exempt From Repeat Provisions

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Engage in discussions with all generations.
2. Demonstrate ability to communicate ideas.
3. Engage the mind for improved awareness and alertness.
4. Establish supportive connections with people.
5. Communicate emotions effectively.
6. Develop a more positive attitude toward life.

Objectives:
At the conclusion of this course, the student should be able to accomplish some or all of the following objectives:
1. Listen effectively and paraphrase other students' statements.
2. Follow group guidelines during discussions.
3. Identify the difference between assertive and aggressive statements.
4. Use "I" statements to communicate personal opinions.
5. Research events and issues, past and present.
6. Apply critical thinking skills to form opinions.
7. Recognize and acknowledge accomplishments of self and others.
8. Incorporate life experiences into discussions.
9. Integrate new knowledge into current life.
10. Increase self-esteem and confidence through learning and participation.

Topics and Scope:

The topics accommodates varying levels of ability and participation and may include, but are not

limited to the following:

I. Communication
   A. Listening
      1. Importance (e.g. information, socialization, communication between generation)
      2. Barriers (e.g. interruption, monopolization, moralization, criticism)
      3. Active listening
         i. Observation of speaker's body language
         ii. Paraphrase
         iii. Summarization
         iv. Reflection on emotional context
   B. Speaking and body language
      1. Comments (e.g. brief, jargon free, non-confrontational)
      2. Awareness of own body language (e.g. tense, relaxed)
      3. Good volume
      4. Eye contact
      5. Assertiveness (e.g. direct, honest, responsible)
      6. Effective questioning to clarify
         i. Open-ended questions (e.g. why... how... tell me about...)
         ii. Avoidance of close-ended or leading questions (e.g. did you... you were...)

II. Exploration of Ideas and Meanings
   A. Motivation/intention
      1. Learning renewed (e.g. curiosity and interests)
      2. Openness to new ideas (e.g. I never thought of that before... That's new to me...)
      3. Interest in the "why" of issues
      4. Hearing divergent perspectives
      5. Cultivation of meaning
   B. Group guidelines
      1. One speaker at a time
      2. Courteous
      3. Tolerant/non-judgmental
      4. All opinions welcomed
      5. Exploration not debate
      6. Agreement not the goal
      7. Discussion stoppers (e.g. winning debates, domination, withdrawing).
      8. Personal opinion stated as such
   C. Research resources
      1. Internet (e.g. Google, Wikipedia, ProCon.org)
      2. Books, magazines, newspapers
      3. Conversations with others

III. Topics for Discussion (Each course section may include but is not limited to the following:)
   A. Consumer economics
      1. Self-sufficiency
      2. Resources/entitlements
      3. Rights and protections
      4. Purchasing (e.g. credit cards, prescription plans, medical care)
   B. Health/medicine
      1. Maintenance of independence
      2. Healthy aging (e.g. cognition, physical, emotional)
   C. Technology

1. Trends/changes
2. Purchase (e.g. internet service, cable, computer software and hardware)
3. Operation (e.g. cell phone, I-pod)
4. Usefulness (e.g. email, internet)

D. Current events
1. World
2. US
3. California and local
4. Scams, schemes and frauds
5. People
6. Elections/propositions

E. Environmental issues
1. Geography (e.g. changing world map)
2. Climate change

F. Politics
1. Politicians
2. Ideology
3. Foreign and domestic policies
4. Judicial decisions

G. Philosophy/religion/spirituality
1. Personal values
2. Decision-making

H. History
1. Recollection of events
2. World
3. US history
i. Birth of the nation (Revolutionary War, Declaration of Independence)
ii. 1800s
iii. 1900s
iv. "This day in history"

I. Natural history (e.g. plants, animals, evolution)

J. Science/discoveries/inventions

K. Social Science
1. Psychology, anthropology
2. Gender and socio-economic issues
3. Cultural studies (e.g. styles and events)
4. Social movements (e.g. animal rights, disability rights, women's liberation)

L. Biographies
1. Historical (e.g. Robert E. Lee, Darwin, Susan B. Anthony)
2. Recent (e.g. Martin Luther King, Jackie Kennedy-Onassis)
3. U.S. Presidents

M. Literature
1. Historical
2. Poetry
3. Novels/stories
4. Plays

N. Language
1. Etymology
2. Definitions
3. Foreign (e.g. Spanish)

O. Art and photography

IV. Enhancement of Quality of Life

A. Mental stimulation - critical self-reflection (e.g. connection of topics to present life)
   1. Observation (e.g. reframe previous assumptions)
   2. Recognition (e.g. new self-knowledge)
   3. Application (e.g. new meaning and value to past experiences)
B. Social interactions
   1. Role playing (e.g. great debates, historical re-enactments)
   2. Peer encouragement
   3. Cross generational communication
C. Emotional well-being
   1. Positive self evaluations (peer compliments, I remembered...)
   2. Self-respect
   3. Expression of feeling and emotions
   4. Experimentation with beliefs and risk taking
   5. Humor and laughter (e.g. funny memories and experiences)

Assignment:

1. Group discussions
2. In-class activities that may include:
   a) Scenarios
   b) Critical Thinking
   c) Role Playing

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None	Writing 0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

In-class activities	Problem solving 10 - 20%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

In-class activities	Skill Demonstrations 10 - 20%

Exams: All forms of formal testing, other than skill performance exams.

None	Exams 0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance, participation, in-class activities, and class discussion	Other Category 60 - 80%

Representative Textbooks and Materials:
Instructor prepared materials