PERSONAL DEVELOPMENT (PRD)

PRD 102. Career Exploration. 1 Credit Hour.
Career Exploration emphasizes students learning about themselves as well as about the world of work. Students will learn to identify accurate career information and resources. They will also learn a decision making model to assist them in their career selection process.

PRD 107. Explorations for Women I. 1 Credit Hour.
In a group setting women will be provided the opportunity to explore their self-concepts and expectations of themselves and of the world, as well as to experiment with new directions for their personal growth. The group will use a variety of activities to help each member to become aware of her strengths, her needs and her patterns of communication and behavior, and to formulate personal goals and experiment with programs to achieve them.

PRD 108. Personal Growth and Identity. 1-2 Credit Hours.
This course is designed to involve participants in the process of seeing themselves more clearly having more available alternatives in their interaction with others, together with a clear perception of their own uniqueness. This class will be organized with a group discussion format emphasizing self-exploration.

PRD 109. Habit Change. 1 Credit Hour.
Learn what the experts have discovered about changing a habit; use this information to overcome a self-defeating habit or develop a healthy habit. Possible goals quitting smoking or drinking, starting an exercise program, controlling overeating, etc. Topics will include the stages of change, twelve change processes, and rebounding from relapse.

PRD 114. Coping with Stress. 1 Credit Hour.
This course explores the physical and psychological nature of stress. Topics may include the practical application of various coping strategies, anxiety resolution, systematic desensitization and transferable skills necessary for student success.

PRD 121. Personal Success. 1 Credit Hour.
The focus of this course is the enhancement of the student’s self-esteem. The opportunity is provided for students to review their self-esteem in a variety of life areas (family, work, friends, education) and consider ways in which they work to enhance it. A number of self-initiating behaviors that persons of all ages may adopt to enhance self-esteem will be explored.

PRD 122. Learning Through Service. 1 Credit Hour.
This course is designed for students who are seeking to expand leaning in a designated academic or personal development course they are taking, reinforce academic and career goals, continue previous Service-Learning Projects, enhance their level of civic engagement and to learn more about the world of work in a non-profit agency. Additional hours required.

PRD 126. Parenting. 1 Credit Hour.
This course will provide students with a forum for addressing a variety of parenting issues. In a structured group setting, students will explore and practice skills to increase parenting options and awareness. Topics include discipline, nutrition, social influences, and the role of parents, both in single and multiple parent households.

PRD 128. Mental Health First Aid. 1 Credit Hour.
Mental Health First Aid is a certification course designed to assist participants in giving first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder. The course teaches an appropriate response plan and the signs and symptoms of common health problems anxiety, depression, psychosis, eating disorders and substance use disorders.
Prerequisite: Reading Proficiency.

1 Fall 2019 St. Louis Community College Catalog