

# Relationships and Emotions, Semester B

Credits: 0.5

## Course Overview and Goals

Relations and Emotions, Semester B, is the second part of a two-semester course. The course commences by delving into the various components of well-being. You will apply the principles of nutrition to optimize wellness. You will understand the need for safety both at home and in the workplace. You will become familiar with safety precautions and first aid procedures. You will explore the theories of mental health and appreciate the need for mental health awareness. You will also trace human growth and development and understand how each developmental stage has unique needs and characteristics. As the course progresses, you will explore various types of conflict and devise effective conflict-resolution strategies. You will also use critical thinking skills to approach ethical dilemmas. You will examine the concepts of self-awareness, self-esteem, and self-management. Finally, you will evaluate the significance of emotional regulation in personal and professional life.

This course consists of 12 lessons organized into three units, three Unit Activities, and three Discussions. Additionally, there is one Course Activity and one Course Project. Each lesson contains one or more Lesson Activities. You will grade your work in the Lesson Activities by comparing it to sample responses. You will submit the Unit Activities, Course Activity, and Course Project to your teacher for grading.

By the end of this course, you will be able to do the following:

- ❖ Evaluate the concepts of nutrition, personal safety, and mental health, and analyze their importance in overall well-being.
- ❖ Compare the major theories related to human growth and development and determine the factors that promote or hinder development.
- ❖ Evaluate conflicts in personal and professional life and determine conflict-resolution methods.
- ❖ Justify the need for self-awareness and apply self-assessment strategies.
- ❖ Construct a positive self-image and examine the components that contribute to self-esteem.
- ❖ Assess the importance of emotional regulation and apply self-management strategies.

## Unit 1: Well-Being (Days 1 – 32)

In this unit, you will explore various facets of well-being such as nutrition, safety and sanitation, and mental health. You will understand the significance of a balanced diet for optimal health and development. You will compare nutritional needs across different stages of life. You will create specialized dietary plans for individuals with varying needs. Additionally, you will identify common safety hazards in workplaces and implement safety precautions. You will delve into first aid procedures such as cardiopulmonary resuscitation (CPR). You will understand the concept of mental health and identify the factors that contribute to good mental health. Finally, you will explore the theories associated with human development.

| Lesson                                  | Lesson Objective                                                                                                             |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Syllabus and Student Orientation</b> | Review the Student Orientation and Course Syllabus at the beginning of this course.                                          |
| <b>Nutrition and Wellness</b>           | Analyze the concept of nutrition and its relation to wellness, and evaluate the factors that contribute to wellness.         |
| <b>Workplace Safety</b>                 | Analyze safety hazards, procedures, rules, and regulations in the workplace.                                                 |
| <b>Mental Health</b>                    | Evaluate the determinants of mental health, analyze mental health theories, and examine various mental health disorders.     |
| <b>Human Growth and Development</b>     | Analyze major theories related to human growth and development and the factors that promote and inhibit optimal development. |
| <b>Course Activity</b>                  | Mental Health Matters                                                                                                        |

## Unit 2: Conflict Resolution and Ethics (Days 33 – 61)

In this unit, you will understand how conflicts affect individuals and communities. You will identify the types of conflicts in personal and professional life. You will distinguish between negotiation and mediation. You will examine the significance of conflict resolution and outline the steps to resolve conflicts in an individual's personal and professional life. Finally, you will determine how to respond to ethical dilemmas in academic, professional, and personal contexts.

| Lesson                              | Lesson Objective                                                        |
|-------------------------------------|-------------------------------------------------------------------------|
| <b>Need for Conflict Resolution</b> | Evaluate conflicts and justify the need for conflict resolution.        |
| <b>Negotiation and Mediation</b>    | Analyze the need, importance, and methods of negotiation and mediation. |
| <b>Conflict Resolution Methods</b>  | Evaluate various conflict resolution methods.                           |
| <b>Ethics in the Workplace</b>      | Evaluate workplace situations by applying ethical reasoning.            |
| <b>Course Project</b>               | School Safety                                                           |

### Unit 3: Emotional Intelligence (62 – 90)

In this unit, you will explore the components of emotional intelligence. You will define self-awareness and understand why self-awareness plays a crucial role in molding an individual's personality. You will develop a plan to build self-awareness. Additionally, you will determine the elements that contribute to an individual's self-esteem and delve into strategies to develop self-esteem. You will examine self-management strategies for success in personal and professional life. Finally, you will analyze the factors related to the transition to independent adulthood.

| Lesson                            | Lesson Objective                                                                                                     |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Self-Awareness</b>             | Evaluate the need and importance of self-awareness in shaping personality, and identify the factors that promote it. |
| <b>Self-Esteem</b>                | Evaluate the importance of self-esteem, and assess the elements that contribute to self-esteem.                      |
| <b>Self-Management Strategies</b> | Evaluate the need and importance of self-management strategies for personal and professional development.            |
| <b>Transition to Adulthood</b>    | Analyze the factors related to the transition to independent adulthood.                                              |