

## **ED 589: Dealing With Change**

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**Prerequisites:** Since this is a graduate level course a bachelor's degree is required.

**Course Credit:** Three semester hours

**Text:** Please read *Transitions*, William Bridges, Ph.D., Perseus Books, 1980. This book is available at any local bookstore, or through the internet.

**Description:** This course provides the student with practical strategies for dealing with transition. Any change results in a process which has predictable stages: an ending followed by a time of confusion and distress resulting in a new beginning. Whether changing jobs, dealing with policy changes, retiring, or redefining relationships the student will learn how to use transition as a time of opportunity.

### **Course Objectives:**

1. To understand the process of transition.
2. To recognize the every transition begins with an ending.
3. To look at styles of dealing with endings.
4. To define the neutral zone according to periods of disengagement, disidentification, and disorientation.
5. To use the neutral zone as a time of reorientation.
6. To identify the new beginning as a combination of internal and external shifts that point to the future.