

ED 589: Reclaiming Your Power

Professor: Diane Morrison

E-mail: diane@dianemorrison.com

Web site: www.dianemorrison.com

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

Course Credit: Three semester hours

Text: Please read *The Seven Habits of Highly Effective People* by Stephen R. Covey, New York, Simon and Schuster, OR listen to *The Seven Habits of Highly Effective People* audiocassettes, June 1991, Nightingale-Conant Corporation. Both are available from bookstores or the internet.

Description: The ability to take appropriate risks lies at the core of personal power. Using *The Seven Habits of Highly Effective People*, the student will gain a framework for risk-taking behavior that leads to increased power and the resulting rise in self-esteem, reduction in stress, and enhanced relationships.

Course Objectives:

1. To recognize the impact of appropriate risk-taking on personal power.
2. To gain an understanding of the need for risk.
3. To grasp the key components of *the Seven Habits of Highly Effective People* and learn methods for incorporating them into risk-taking behavior.
4. To recognize behavior that limits the individual from taking appropriate risks and developing his/her personal power.
5. To investigate the link between low self-esteem, stress, and poor relationships with the loss of personal power.
6. To develop a lesson plan incorporating an aspect of the *Seven Habits of Highly Effective People* that will help students engage in appropriate risk-taking behavior.