

**HSRV 103**  
**Introduction to Group Dynamics**

Students completing this course will be able to:

1. Demonstrate familiarity with the basics of key group processes such as group formation, effective sending and receiving of messages, guiding discussion, problem solving, decision making, and managing conflict in order to feel comfortable and confident working in future group situations in classroom, work and personal life settings.
2. Assess and strengthen personal verbal and non-verbal communication skills and apply knowledge and skills derived from group course in order to communicate effectively in future classroom, work, and personal life settings.
3. Demonstrate knowledge of and adherence to appropriate standards for confidentiality in order to perform effectively in future classroom and work settings.
4. Demonstrate understanding of motivation for choosing a career in professional helping and utilize a preliminary career plan and assessment (developed by student, and including an analysis of personal strengths and challenges) to enhance the self so that professional goals can be realized.
5. Demonstrate familiarity with the value of team work and with team building activities in order to promote effective work with others in classroom and work settings.
6. Strengthen reading, writing, speaking and critical thinking skills in order to enhance performance and satisfaction in school, work and personal life settings.