

Dakota County Technical College

SMGT 1462: Achieve Work/Life Balance

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Today's societal and work challenges are accelerating at a pace not seen before. Your work life demands doing more with less, multitasking, long hours and career crossroads. Outside of work your time is in demand with community, family and educational needs. How do you find a fair balance between the two? This course will examine these challenges and develop a plan to successfully provide balance to your life.

Prerequisites: None.

B. COURSE EFFECTIVE DATES: 01/10/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. conduct a personal assessment
2. create a personal development plan
3. identify the effects of stress
4. prioritize work/life tasks

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted