



CYFS-103 – Guiding Across the Lifespan

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-04-01

Program Area: Child Youth and Family Studies

Description:

This course focuses on effective ways to guide and understand the needs and behaviours of children, youth and adults. Learners will also explore the influences that inform their own behaviour and reflect on how these influences impact their understanding of themselves. A variety of theoretical, developmental and experiential perspectives will be explored.

Program Information:

CYFS 103 is a required course for the Child, Youth and Family Studies Program: Early Childhood Education, Education Assistant and Human Service Worker.

Delivery Methods: Hybrid – On-campus (Face-to-Face) and Online, Online

Credit Type: College of the Rockies Credits

Credits: 4

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	60
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	

Total	60
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Course Requisites:

- Complete all of the following
 - Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - ENFP 12 – English First Peoples 12
 - ENST 12 – English Studies 12
 - ENGL090 – English – Provincial Level
 - Completed the following:
 - CYFS102 – Observing & Recording (3)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Marion, M. (2019). *Guidance of young children* (10th ed). Pearson Inc. Upper Saddle River, New Jersey.

Haig, J., Raikes, G. & MacMillan, V. (2018). *Cites and sources: An APA documentation guide* (5th ed.). Toronto, Ontario: Nelson Publishing.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- recognize their own values and beliefs and identify the impact of influences such as culture and lived experiences, as it shapes their own needs and personal behaviours;
 - demonstrate knowledge of various theoretical perspectives related behaviour change through practical application in the course;
 - develop, implement and evaluate a plan to change a behaviour;
 - choose and implement positive and authoritative guiding strategies for a variety of individuals, cultures, environments and situations;
 - develop strategies to assist individuals in managing stress;
 - identify and apply components of prosocial skills, self-regulation and social emotional development;
 - develop, implement and evaluate a plan to teach someone a prosocial skill;
 - integrate strategies to promote and enhance self-esteem;
 - reflect on personal change experiences and apply this awareness to support individuals engaging in behaviour change; and
 - identify and recognize the factors that foster, build and strengthen resilience.
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Course Topics:

- Framing behaviour in positive terms
- Strategies to support positive behaviour change across the lifespan
- Caregiving/teaching/parenting styles
- Environments
- Understanding challenging behaviours
- Prosocial skills
- Resilience and stress
- Self-esteem
- Self-reflection
- Theoretical perspectives
- Social competence
- Direct and indirect guidance

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

Assessment Type	% of Total Grade
Discussion Activities	30%
Personal Change Assignment	25%
Case Study Assignment	15%
Prosocial Skill Teaching Assignment	10%
Quizzes	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Prior Course Code: CYFS 103 >> ECED 150 >> CYFS 103

Date changed: December 2014

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.