

LLS20 : Joy of Living

General Information

Author:	<ul style="list-style-type: none">Maria Czech
Course Code (CB01) :	LLS20
Course Title (CB02) :	Joy of Living
Department:	LLS
Proposal Start:	Summer 2025
TOP Code (CB03) :	(4999.00) Other Interdisciplinary Studies
CIP Code:	(30.9999) Multi-/Interdisciplinary Studies, Other.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000652077
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	LLS 20 is an interactive discussion course for students interested in personal enrichment and meeting life's challenges with a positive outlook. Lecture 12-16 hours. Note: This is a course designed for the older adult. Note: This course is Pass/No Pass only.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Noncredit
Mode of Delivery:	No value
Author:	<ul style="list-style-type: none">Maria Czech
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Older Adults:-Non-Credit
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

 Allow Students to Gain Credit by Exam/Challenge**Course Special Class Status (CB13)**

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID**General Education Status (CB25)**

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours**Summary**

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	12 - 16
Total Course Out-of-Class Hours	0 - 0
Total Student Learning Hours	12 - 16

Credit / Non-Credit Options**Course Type (CB04)**

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience Education Status (CB10)**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	12 - 16	0
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	12 - 16
Laboratory	0
Studio	0

Total 12 - 16

Course Out-of-Class Hours

Lecture 0

Laboratory 0

Studio 0

Total 0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Minimum

Summary

Minimum Credit Units (CB07) 0

Maximum Credit Units (CB06) 0

Total Course In-Class (Contact) Hours 12

Total Course Out-of-Class Hours 0

Total Student Learning Hours 12

Faculty Load 0

Detail

Weekly Student Hours

In Class **Out of Class**

Lecture Hours 12

Laboratory Hours 0

Studio Hours 0

Course Student Hours

Course Duration (Weeks) 0

Hours per unit divisor 0

Course In-Class (Contact) Hours

Lecture 12

Laboratory 0

Studio 0

Total 12

Course Out-of-Class Hours

Lecture 0

Laboratory 0

Studio 0

Total 0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Minimum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Maximum

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	16
Total Course Out-of-Class Hours	0
Total Student Learning Hours	16
Faculty Load	0

Detail

Weekly Student Hours

Course Student Hours

	In Class	Out of Class	Course Duration (Weeks)	
Lecture Hours	16	0	Hours per unit divisor	0
Laboratory Hours	0	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	16

Laboratory	0
Studio	0
Total	16

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Maximum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
No value	No value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Out of Class Assignments

N/A

Methods of Evaluation

Rationale

Activity (answering journal prompt, group activity)

Participation in class discussion

Writing Assignment

Self-evaluation and reflection

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

Description

Instructor generated materials

Author	No value
Citation	No value
Online Resource(s)	No value

Learning Outcomes

Course Objectives

Use the interactions in the group to better understand oneself.

Learn new opportunities for growth in oneself.

Define the challenges associated with aging.

Identify coping strategies necessary to deal with these challenges.

SLOs

Identify a new part of oneself or perspective on the aging process.

Expected Outcome Performance: 70.0

Describe an opportunity for growth for oneself.

Expected Outcome Performance: 70.0

Course Content

Lecture Content

Understanding Oneself (4-5 hours)

- Sense of identity
- Johari window
- Communication styles
- Boundaries

Challenges Related to Aging (2-3 hours)

- Personal/Health
- Social

Coping Strategies to deal with the aging process (2-3 hours)

- Personal/Health
- Social

New Perspectives and Opportunities for Growth (4-5 hours)

- Forgiveness
- Gratitude
- Love

Total Hours: 12-16

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value