

Glendale College  
**Course Outline of Record Report**  
 03/19/2026

**LLS21 : Quality of Life**

**General Information**

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<b>Course Code (CB01) :</b>	LLS21
<b>Course Title (CB02) :</b>	Quality of Life
<b>Department:</b>	LLS
<b>Proposal Start:</b>	Summer 2026
<b>TOP Code (CB03) :</b>	(2001.00) Psychology, General
<b>CIP Code:</b>	(42.0101) Psychology, General.
<b>SAM Code (CB09) :</b>	E - Non-Occupational
<b>Distance Education Approved:</b>	No
<b>Will this course be taught asynchronously?:</b>	No
<b>Course Control Number (CB00) :</b>	CCC000323426
<b>Curriculum Committee Approval Date:</b>	02/25/2026
<b>Board of Trustees Approval Date:</b>	06/18/2024
<b>Last Cyclical Review Date:</b>	04/10/2024
<b>Course Description and Course Note:</b>	LLS 21 is an interactive class focusing on improving the quality of life, increasing social outlets, and clarifying life issues for older adults. Lecture 10 - 32 hours. Note: This is a course designed for the older adult. This course is open-entry/open-exit and is Pass/No Pass only.
<b>Justification:</b>	Content Change
<b>Academic Career:</b>	<ul style="list-style-type: none"> <li>• Noncredit</li> </ul>
<b>Mode of Delivery:</b>	<ul style="list-style-type: none"> <li>• In-Person</li> <li>• Remote</li> <li>• Hybrid</li> </ul>
<b>Author:</b>	No value
<b>Course Family:</b>	No value

**Academic Senate Discipline**

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

<b>Minimum Credit Units (CB07)</b>	0
<b>Maximum Credit Units (CB06)</b>	0
<b>Total Course In-Class (Contact) Hours</b>	10 - 32
<b>Total Course Out-of-Class Hours</b>	0 - 0
<b>Total Student Learning Hours</b>	10 - 32

#### 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	10 - 32	0
Laboratory Hours	0	0

#### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	

Studio Hours	0	0	Lecture	10 - 32
			Laboratory	0
			Studio	0
			<b>Total</b>	10 - 32
<b>Course Out-of-Class Hours</b>				
			Lecture	0
			Laboratory	0
			Studio	0
			<b>Total</b>	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

**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

### Requisite Validation

**Upload Statistical Validation and/or other documents (if necessary)**

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**

**Description of Activity/Interaction**

Evaluation

Self-evaluation (e.g. report on effectiveness of new stress-reducing techniques)

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

## Learning Outcomes

### Course Objectives

Recognize and identify symptoms of stress.

Recognize and identify sources of stress in their own lives.

Choose and apply more healthful ways of dealing with stress.

### SLOs

**Identify three sources and four symptoms of stress associated with aging and the methods to deal with the stress.** Expected Outcome Performance: 70.0

*ILOs* Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
 Core  
 ILOs

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
 Core  
 PLOs

**Identify and describe components affecting quality of life emotionally, physically, and cognitively.** Expected Outcome Performance: 70.0

*ILOs* Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
 Core  
 ILOs

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
 Core  
 PLOs

**Discuss personal responsibility for dealing with issues that impact one's life.** Expected Outcome Performance: 70.0

*ILOs* Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
 Core  
 ILOs

Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
 Core  
 PLOs

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Effects of Stress (2-10 hours)

- Physiological damage
- Cognitive and memory problems
- Decreased ability to solve problems
- Decreased pleasure in life

#### Causes of Stress (4-8 hours)

- Learned family patterns
- Cognitive distortions
- Cultural views of aging
- Aging partner care

#### Antidotes to Stress (4-14 hours)

- Physical Relaxation
- Meditation Exercise
- Cognitive changes
- Optimism-pessimism
- Gratitude
- Forgiveness

**Total Hours: 10-32**

## Additional Information

### Repeatability

Repeatable

### Justification (if repeatable was chosen above)

Non-credit courses

**Is it possible this course will have a material fee?**

No

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

No

What term(s) will this course be offered?

Fall/Winter/Spring/Summer

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