

#604 HSTE.002

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: GROUP DYNAMICS I

CODE NO: CCW 223-3

SEMESTER: THREE

PROGRAM: DEVELOPMENTAL SERVICES WORKER

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PREVIOUS DATE: SEPTEMBER 1992

NEW: X

REVISED:       

APPROVED: K. DeRosario

Kitty DeRosario, Dean  
Human Sciences & Teacher ED

Date Sept 1/93



**PHILOSOPHY**

This course will explore the process which occurs when people become a group. Students will be introduced to the theory underlying effective group dynamics and the skills required to apply this knowledge, therapeutically, with children and youth. An experiential approach to learning about group dynamics encompasses the core of this subject matter.

**STUDENT PERFORMANCE OBJECTIVES**

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

1. understand and apply concepts of group dynamics as it relates to identifying roles within the group as well as role adjustments.
2. identify and gain expertise in recognizing the 'sense of group' by observing and exploring the behaviours, feelings and attitudes within the group structure.
3. employ attending behaviours and demonstrate caring communication skills.
4. create, implement and process therapeutic group activities.
5. develop self-awareness as it relates to and affects the dynamics of the group process.
6. understand and apply the concepts of problem-solving and decision-making within a group and/or team structure.
7. identify the developmental stages of groups and plan activities according to each stage.

**TOPICS TO BE COVERED**

1. Group Dynamics and Relating Behaviours to Roles
2. Helpful and Harmful Group Behaviours
3. Interpersonal Communications
4. Creativity and Leadership
5. Self and the Group Process
6. Conflict Management
7. Modifying Group Formations



## LEARNING ACTIVITIES

## REQUIRED RESOURCES

### 1.0 Group Dynamics and Relating Behaviours to Roles

Upon successful completion of this module the student will be able to:

- 1.1 identify characteristics of a group
- 1.2 prepare and keep a personal journal

**Text:** Joining Together  
Chapter 1

**Activities:** discussion, assigned readings, handouts, exercises

- 1.3 understand the structure of groups
- 1.4 identify effective groups and group skills

**Assignment:** (# 1) Complete a Learning Contract. Answer questions 1 -> 4 on pg. 35 of the text.

- 1.5 identify his/her present attitude, behaviours and feelings

### 2.0 Helpful and Harmful Group Behaviours

Upon successful completion of this module the student will be able to:

- 2.1 distinguish between helpful and harmful group behaviours
- 2.2 understand procedural learning and action theories
- 2.3 gain expertise through experiential learning
- 2.4 identify and explore feelings, attitudes, and behaviours within a group
- 2.5 develop observation and role-playing skills

**Text:** Joining Together  
Chapter 2

**Activities:** discussion, assigned readings, handouts, exercises, role-playing

- 2.6 explain and conduct a skill training exercise
- 2.7 understand the ethics of experiential learning

**Assignment:** (#3) Paragraph describing your perception of experiential learning

### 3.0 Interpersonal Communications

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

- 3.1 identify effective communication techniques that enhance listening and understanding
- 3.2 understand group goals and social interdependence
- 3.3 develop goal-related behaviours and effective group goals
- 3.4 propose methods to improve group communication

**Text:** Joining Together  
Chapter 3 & 4

**Activities:** discussion, exercises, assigned readings

**LEARNING ACTIVITIES (cont'd)**

**REQUIRED RESOURCES**

- 3.5 practice giving and receiving information
- 3.6 recognize patterns of communication within the group
- 3.7 explain the difference between competition and cooperation
- 3.8 understand and identify barriers to communication
- 3.9 determine communication structures and networks
- 4.0 Creativity and Leadership**  
Upon successful completion of this module the student will be able to:
  - 4.1 create, implement and process therapeutic group activities
  - 4.2 identify and demonstrate leadership issues and styles
  - 4.3 empower group members through successful leadership
  - 4.4 determine factors that indicate successful leadership
  - 4.5 recognize common causes of failure and suggest how each could be minimized or eliminated
  - 4.6 compare and describe situations involving conflict, competition and cooperation
  - 4.7 utilize the problem solving process to devise solutions for given case studies
  - 4.8 demonstrate the decision making model for reaching a group/team consensus
  - 4.9 identify and describe different methods of decision making
- 5.0 Self and the Group Process**  
Upon successful completion of this module the student will be able to:
  - 5.1 develop his/her self-awareness as it relates to and affects the dynamics of the group process
  - 5.2 understand his/her controversial behaviour
  - 5.3 identify cooperative goal structure
  - 5.4 define creativity and develop/foster creativity
  - 5.5 negotiate conflict strategies
  - 5.6 promote negotiating resolutions and understand third party mediation
  - 5.7 define and use power and influence
  - 5.8 recognize power behaviour within self and other

**Assignment:** (#4) Complete exercise 4.11 on page 141

**Text:** Joining Together  
Chapter 5 & 6

**Activities:** discussion, exercises, handouts, role-play

**Assignment:** (#5) Create a therapeutic group activity. Be prepared to implement. (date to be arranged)  
(#6) Write a report about 'the process' to hand in.

**Text:** Joining Together  
Chapter 7 & 8

**Activities:** discussion, exercises, assigned readings

**Assignment:** (#7) Prepare group theory presentation



**LEARNING ACTIVITIES (cont'd)****REQUIRED RESOURCES****6.0 Conflict Management**

Upon successful completion of this module the student will be able to:

- 6.1 compare and describe different types of groups
- 6.2 lead a learning and discussion group
- 6.3 lead a growth and counselling group

**Text:** Joining Together  
Chapter 9 & 10

**Activities:** discussion,  
exercises, readings, handouts

- 6.4 understand team development
- 6.5 recognize the psychological benefits of group membership
- 6.6 Assess the quality of his/her behaviours and attitudes in a leadership role

**Assignment:** (#8) Implement your group activity. Be prepared to give and receive feedback

**7.0 Modifying Group Formations**

Upon successful completion of this module the student will be able to:

- 7.1 identify the developmental stages of groups and plan activities accordingly
- 7.2 demonstrate the preparation needed for each developmental stage of a group
- 7.3 understand the importance of formal group termination
- 7.4 create a description of his/her self as a group member. (strengths, needs and plan of action)

**Text:** Joining Together  
Chapter 11, 12 & 13

**Activities:** discussion,  
exercises, role-play, handouts

**Assignment:** (#9) Complete personal journal and submit to instructor

Due to the nature of this course, much of the learning will of necessity, be experiential. This requires that the student must complete assigned readings/assignments and be prepared to deal with the material in class sessions.

## METHOD OF EVALUATION

A final grade will be determined from the following:

1. **Participation, Attendance:** The student must participate fully and actively in class/group discussions and maintain consistent/regular attendance. You must attend to be graded on this.  
30%
  2. **Weekly Journal:** The student will create and maintain a journal of self/group relations. Journal entries to reflect thoughts, feelings, specific behaviours and goal(s) for the following week(s). A **typewritten** paper will be completed, based on journal entries that identifies major goal areas and the strategies used to attain those goals. (specific & observable behaviours)  
20%
  3. **Open Forum:** Time will be made available to process group issues. Students will evaluate peers regarding effective and appropriate use of this time.  
10%
  4. **Assignments:** There are six assignments. The student is responsible to complete and submit assignments **on time**. (dates to be arranged)  
15%
  5. **Final Exam** will be based on all material covered throughout the semester. Approximate date - December 16, 1993 (subject to adjustment) Rewrites permitted only under emergency circumstances substantiated by a medical note or on an individual basis if prearranged with the instructor.  
25%
- 
- 100%

## REQUIRED STUDENT RESOURCES

Texts: Johnson, D.W. & Johnson, F.P., Joining Together, Group Theory and Group Skills, New Jersey: Prentice Hall, Inc., 1987, Third Edition.

\* Remocker, J., Storch, E., Action Speaks Louder, New York: Churchill Livingstone, 1987, Third Edition.

\* optional - excellent resource for placement; practical group exercises.

**COLLEGE GRADING POLICY**

90 - 100% = A+

80 - 89% = A

70 - 79% = B

60 - 69% = C

BELOW 60% = R

**SPECIAL NOTE**

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.