

## LIFESKILLS COURSE #L 501



# Community Builder



## COURSE DESCRIPTION

What does it mean to be human? The *Community Builder* course offers individuals the opportunity to explore the essence of humanity, understand the foundations of community-building, and learn how to combat bias, prejudice, and mistreatment through empathy and inclusive practices.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal Responsibility
- Empathy
- Community Building
- Self-Awareness



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



## COURSE INFORMATION

Author and Publisher: ACCI Lifeskills  
 Course Format: eLearning and Printed Workbook  
 Item Number: L 501  
 eLearning Length: 224 Slides  
 Scientific Model: Cognitive Restructuring

## CRIMINOGENIC NEEDS MET

Restorative Justice  
 Developing Pro-Social Relationships  
 Belonging to Pro-Social Groups and Communities



## COURSE CONTENT

### Unit 1: Humanity

Everything that makes you human can be summarized as your humanity.

### Unit 2: Where does bias come from?

Our beliefs about others.

### Unit 3: Mistreatment and its many forms

Mistreatment stems from having low levels of humanity, it can be intentional or unintentional.

### Unit 4: Empathy

This skill empowers us to form strong connections.

### Unit 5: Community Builders

Develop tools to create inclusive communities.



## eLEARNING ACTIVITIES

- Narration & Story Telling
- Animated Thoughts
- Self Assessments
- Scenario Based Learning
- Focused Journaling
- Application and Skill Building



## PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning license