

HC 151 Coaching and Life Skills  
DePaul University  
School For New Learning  
Winter, 2006-07

Faculty: Jim Bloch

970 W. Dorset  
Palatine, IL 60067

Athletic Director – New Trier High School  
385 Winnetka Ave.  
Winnetka, IL 60093  
(847) 501-6460  
(847) 446-8247 office fax  
[blochj@newtrier.k12.il.us](mailto:blochj@newtrier.k12.il.us)

Jim Bloch is in his 8<sup>th</sup> year as the athletic director at New Trier High School. Previous to that he was the athletic director at Glenbrook North High School. He is a past president of the Illinois Athletic Directors' Association and has served on many state and national committees for a variety of athletic purposes. He served as one of the two representatives from Illinois on a nationwide athletic leadership consortium. Jim was honored by the Illinois Athletic Directors' Association in May, 1999, when he was named as the 1998-99 Class 'AA' Athletic Director of the Year. He frequently conducts workshops and gives presentations on athletic, sportsmanship, and leadership related topics. Jim also serves as a member on the Board of Directors for the Illinois Special Olympics.

Prior to serving as athletic director at Glenbrook North High School, he was the associate dean of students, head baseball coach, and assistant football coach at Glenbrook South High School. He began his educational career at Glenbrook South High School as a special education teacher. He holds a Bachelor's Degree in special education and a Master's Degree in educational administration.

Location: O'Hare Campus  
Day: Tuesdays 1/9/07 – 3/20/07  
Hours: 6:30 p.m. – 9:30 p.m.

Competencies Offered: L-7, H-2-X, H-3-G, F-X

Course Description:

Coaching is a place where fundamental relationships and life skills can be developed, learned, and ultimately displayed. Effective coaching and interpersonal relationships require an increasing awareness of self and others. They also require developing listening skills and treating people with dignity and respect. To sustain positive relationships, one must help people gain a greater sense of self, learn to deal with adversity, increase their comfort level to new approaches within the relationship, and create a game plan for success as a human being. Coaching is an ongoing process where a person must be willing to learn as they go and realize that relationships are always evolving.

In this course, we shall study the rules and strategies of good coaching and fundamental life skills. These include communication, relationship building, listening, making people feel valued, emphasizing process over product, mentoring, the importance of 'character' and leadership and proper assessment techniques. We will examine the make-up of solid interpersonal and team relationships, which include helping others, create a desire to achieve and a plan to improve.

Topic Sequence:

Session 1:	Course Overview Leadership Introduction
Session 2:	Characteristics of Effective Leadership
Session 3:	“Who Moved My Cheese?” Risk-Taking Managing Change Providing Reinforcement Development of Confidence
Session 4:	Effective Communication Skills
Session 5:	“Tuesdays with Morrie” Building Mutually Beneficial Relationships Mentoring  *** Possible guest speaker(s)
Session 6:	The Power and Importance of Character & Exemplifying
Session 7:	Decision-Making Models and Skills
Session 8:	Mentoring others
Session 9:	“Remember The Titans” Coaching Practicum
Session 10:	Course Evaluation Closing Activities Wrap-Up

Learning Experience:

1. Informal class lectures and discussions.
2. Collaborative and experiential learning.
3. Videos, guest speakers and follow up discussions.
4. Research papers and creative outside class activities.

Evidence the Students will submit:

L-7: Can learn collaboratively and examine the skills, knowledge, and values that contributes to such learning.

The students will participate in a panel discussion with several coaches. As a result of this learning activity, students will draw conclusions about the various coaching styles discussed and evaluate these by identifying pros and cons and overall effectiveness of each model.

H-3-G: Can analyze the impact of social institutions on individual human development.

The students will conduct a self-assessment and develop an action plan for enhancing their communication skills.

F-X: The students will develop and implement appropriate interpersonal coaching and/or mentoring strategies.

H-2-X: The students will understand and apply fundamental principles of interpersonal communication.

Criteria for Assessment:

1. Class participation in the manner of constructive discussion and the student's ability to express his/her opinions and demonstrate knowledge gained from the readings. 50%
2. The student will submit two papers.

After self-assessment, the students will write an individual communication plan incorporating fundamental principles of interpersonal communication applicable to their individual situation. 20%

The students will submit a paper reflecting their individual beliefs on coaching and mentoring. This will include effective strategies for developing positive interpersonal relationships and life skills. 20%

3. Experiential field assignment worth 10%.

Textbooks:

"Tuesdays with Morrie"  
"Who Moved My Cheese?"  
9/23/06