

Draft of “Unpacking What Happened: A Course Syllabus”

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**Need a formal-esque heading..include title in an inconspicuous way.**

**Course Description:**

(I want this to sound both formal and personal—like it’s academic but really about emotional growth. Maybe "processing the hurt" is too vague?) The emphasis of UWH 101 is on understanding and processing the hurt you’ve endured, confronting the aftermath, and learning how to navigate the emotional complexities that follow. (Is this too wordy? Should I simplify?) This course provides tools to help you remember what you faced, handle the emotions that continue to surface, and move forward in a constructive and compassionate way. Students will practice working through panic attacks, interpreting body cues, addressing internal turmoil, and recognizing that asking for help is a strength, not a weakness. (Can I find a better way to phrase "asking for help" so it’s less cliché?)

**NOTES:**

- (a) Credit is not awarded for suppressing emotions; active engagement is required. (Too harsh? Should I soften this?)
- (b) UWH 101 and UWH 102 may not be taken concurrently, as they represent different stages of growth. (Do I need more explanation here?)

**Prerequisites:**

(Should I elaborate on "lived experience" to make it clearer?) Your lived experience and readiness to confront it.

**Credit Hours:**

3

**Instructor:**

- **Name:** Yourself (and optionally, a therapist or trusted guide). (I want this to sound empowering but not dismissive. Does it work?)
- **Contact:** memyselfandi@tctc.edu
- **Office:** Amygdala Hall (located within your mind and heart). (Too abstract?)

- **Office Hours:** Available 24/7 but subject to unexpected closures due to personal hurdles. (Does this balance humor and seriousness?)

## **Course Requirements:**

### **Textbook:**

(None feels right, but should I expand on "experiences"?) None. Your experiences and journey are your primary texts for this course. You've already paid the highest fee—now it's time to focus on healing. (Should I rework "highest fee" to be less dramatic?)

### **Supplies:**

- A journal or any writing tool for reflection. (Do I need to specify types of journaling tools?)
- A reliable support system (e.g., friends, family, professionals, or hotlines). (Is "reliable" clear enough?)
- Access to healthy coping mechanisms and a willingness to embrace growth.

### **Hardware/Software:**

(I want this to feel modern but also metaphorical. Does it work future me?) Upon enrolling, you gain access to emotions you may not have realized were there. To track your progress, you will utilize the Post-Traumatic Growth (PTG) platform. If you've not set up a PTG account, you must do so using your TCTC email address.

### **Requirements include:**

- Reliable internet access for late-night searches and inquiries. (Too specific?)
- Awareness of national support resources, such as the National Suicide Prevention Lifeline.
- An open channel of communication with yourself and someone you trust.

If technical or emotional issues arise, contact the Help Desk at <https://tctcforce.com/PTG/s/> or call 1-800-123-4567 for guidance. Talking helps—reach out. (Should I make this section more empathetic?)

### **Active TCTC E-mail Account:**

Communication between the student and their inner self is essential. Regular self-check-ins via your metaphorical TCTC email account are encouraged. Remember, acknowledging what happened is the first step to healing. (Is "metaphorical" too confusing?)

**Note:** Ensure your inner dialogue is functioning properly. Without internal communication, this course cannot proceed. (How can I make this less abstract?)

### **Course Technology Expectations:**

Students are expected to:

- Have access to emergency support services.
- Maintain a high-speed connection to their inner thoughts and feelings.
- Use the PTG-supported framework to explore and process emotions.

### **Learning Outcomes:**

By the end of this course, students will be able to:

1. Confidently affirm, "I am not at fault."
2. Understand that healing is a personal and variable process.
3. Recognize they are not alone in their journey.
4. Discover what brings them lasting peace and fulfillment.

Maybe even do a course calendar?