

## HBM-040 - Parenting Better

### Lifelong Learning Online Course Syllabus

**Lead Instructor:** Allan G. Hedberg, PhD.  
**Co-Instructor:** Rob Carey M.Ed.  
**Website:** [www.booksbyhedberg.com](http://www.booksbyhedberg.com)

**Target Audience:** Parents and Parents to Be  
**Course Access:** [ce-connect.fresno.edu](http://ce-connect.fresno.edu)

#### Course Description

Parenting is one of the most important and yet most difficult task a person can undertake. The impact and influence of a parent will last a lifetime and onto the next generations. It is not a task to undertake lightly. It is not a role one should adopt without training and skill development in parent/child relationships. One of the most powerful convictions a parent can teach a child is that their future is within their control by the choices they make. Biblical principles and concepts will be embedded within the lessons of the three levels of this course.

A certificate of completion is available for those students who complete the journals and score 80% or higher on the Final Essay Quiz.

**Note:** Required book must be acquired separately.

#### Required Texts and Course Materials

**Book:** Hedberg, Allan G. (2013). Doctor, Teach Me to Parent: 62 Lessons in Intentional Parenting. Bloomington, IN: AuthorHouse. ISBN-13: 978-1481703956 <https://www.amazon.com/Doctor-Teach-Parent-Intentional-Parenting/dp/1481703951>

**Note:** Students are responsible for purchasing their own book, analyzing the content, and applying what they learned to the course assignments. You are welcome to purchase used, ebook, or new versions to save money. You can order the book directly from the publisher or from one of several discount aggregators (for example): <http://books.nettop20.com>

**Online Resources:** Relevant online resources that support the course content and encourage further investigation will be available throughout the course assignments. Active hyperlinks are utilized throughout the course and will link to the appropriate information when clicked. These include videos, podcasts, worksheets, online activities, journal articles and other resources.

**Moodle:** Moodle is a web-based learning management system used to support flexible teaching and learning in both face-to-face and distance courses (e-learning).  
<https://moodle.org> // <https://moodle.org/demo> // <https://docs.moodle.org>

## Course Dates

Self-paced; students may enroll at any time and take up to one year, from the date of registration, to complete assignments.

## Fresno Pacific University Student Learning Outcomes (FPU-SLO)

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| FPU-SLO 1  | <b>Student Learning Outcomes Oral Communication:</b> Students will <i>exhibit</i> clear, engaging, and confident oral communication – in both individual and group settings – and will critically <i>evaluate</i> content and delivery components.                                                                                                                     |
| FPU-SLO 2  | <b>Written Communication:</b> Students will <i>demonstrate</i> proficient written communication by <i>articulating</i> a clear focus, <i>synthesizing</i> arguments, and utilizing standard formats in order to <i>inform</i> and <i>persuade</i> others.                                                                                                              |
| FPU-SLO 3  | <b>Content Knowledge:</b> Students will <i>demonstrate</i> comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.                                                                                                                                                                       |
| FPU-SLO 4  | <b>Reflection:</b> Students will <i>reflect</i> on their personal and professional growth and <i>provide evidence</i> of how such reflection is utilized to manage personal and vocational improvement.                                                                                                                                                                |
| FPU-SLO 5  | <b>Critical Thinking:</b> Students will <i>apply</i> critical thinking competencies by <i>generating</i> probing questions, <i>recognizing</i> underlying assumptions, <i>interpreting</i> and <i>evaluating</i> relevant information, and <i>applying</i> their understandings to new situations.                                                                     |
| FPU-SLO 6  | <b>Moral Reasoning:</b> Students will <i>identify</i> and <i>apply</i> moral reasoning and ethical decision-making skills, and <i>articulate</i> the norms and principles underlying a Christian world-view.                                                                                                                                                           |
| FPU-SLO 7  | <b>Service:</b> Students will <i>demonstrate</i> service and reconciliation as a way of leadership.                                                                                                                                                                                                                                                                    |
| FPU-SLO 8  | <b>Cultural and Global Perspective:</b> Students will <i>identify</i> personal, cultural, and global perspectives and will employ these perspectives to <i>evaluate</i> complex systems.                                                                                                                                                                               |
| FPU-SLO 9  | <b>Quantitative Reasoning:</b> Students will accurately <i>compute</i> calculations and symbolic operations and <i>explain</i> their use in a field of study.                                                                                                                                                                                                          |
| FPU-SLO 10 | <b>Information Literacy:</b> Students will <i>identify</i> information needed in order to fully understand a topic or task, <i>explain</i> how that information is organized, <i>identify</i> the best sources of information for a given enquiry, <i>locate</i> and critically <i>evaluate</i> sources, and accurately and effectively <i>share</i> that information. |

## Continuing Education Student Learning Outcomes (CE-SLO)

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| CE-SLO 1 | Demonstrate proficient written communication by articulating a clear focus, synthesizing arguments, and utilizing standard formats in order to inform and persuade others, and present information applicable to targeted use. |
| CE-SLO 2 | Demonstrate comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.                                                                              |
| CE-SLO 3 | Reflect on their personal and professional growth and provide evidence of how such reflection is utilized to manage personal and professional improvement.                                                                     |
| CE-SLO 4 | Apply critical thinking competencies by generating probing questions, recognizing underlying assumptions, interpreting and evaluating relevant information, and applying their understandings to the professional setting.     |

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| CE-SLO 5 | Reflect on values that inspire high standards of professional and ethical behavior as they pursue excellence in applying new learning to their chosen field.                                                                                                      |
| CE-SLO 6 | Identify information needed in order to fully understand a topic or task, organize that information, identify the best sources of information for a given enquiry, locate and critically evaluate sources, and accurately and effectively share that information. |

### Course Student Learning Outcomes (C-SLO)

| <b>Student Learning Outcomes for This Course</b>   |                                                                                           |
|----------------------------------------------------|-------------------------------------------------------------------------------------------|
| By the end of this course student will be able to: |                                                                                           |
| C-SLO 1                                            | Identify strategies to improve parenting practices.                                       |
| C-SLO 2                                            | Evaluate his/her own parenting practices to determine overall effectiveness.              |
| C-SLO 3                                            | Utilize best practices in the parenting process that are based on current research.       |
| C-SLO 4                                            | Describe methods for developing communication and social skills through the child's life. |
| C-SLO 5                                            | Develop effective methods of behavior management and discipline in the home.              |
| C-SLO 6                                            | Communicate strong family values to the next generation.                                  |

### Topics, Assignments, and Activities

| <b>Module Title</b>                                                                     | <b>Module Assignments and Activities</b>                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Welcome Section</b>                                                                  | <ul style="list-style-type: none"> <li>• Introduction video</li> <li>• Course Syllabus</li> <li>• Introduce Yourself Forum</li> <li>• Moodle Online Tutorial</li> </ul>                                                                                         |
| <b>Part 1 –<br/>Am I Prepared to<br/>Raise a Family?</b>                                | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part One</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul>   |
| <b>Part 2 –<br/>Am I Up to the<br/>Highest Calling on<br/>Earth?</b>                    | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Two</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul>   |
| <b>Part 3 –<br/>Am I Laying the<br/>Right Foundation<br/>Stones?</b>                    | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Three</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul> |
| <b>Part 4 –<br/>Am I Raising My<br/>Kids to be People of<br/>Influence?</b>             | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Four</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul>  |
| <b>Part 5 –<br/>Am I Confronting<br/>Destructive<br/>Influences at My<br/>Doorstep?</b> | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Five</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul>  |
| <b>Part 6 –</b>                                                                         | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Six</li> </ul>                                                                                                                                                                    |

| <b>Module Title</b>                                          | <b>Module Assignments and Activities</b>                                                                                                                                                                                                                        |
|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Am I Helping My Children with their Personality Problems?    | <ul style="list-style-type: none"> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul>                                                       |
| <b>Part 7 –</b><br>Am I Doing a Good Job as a Parent?        | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Seven</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• Choose at least one Family Homework assignment to do</li> </ul> |
| <b>Part 8 –</b><br>Am I Preparing My Children to Leave Home? | <ul style="list-style-type: none"> <li>• Read Doctor, Teach Me to Parent Part Eight</li> <li>• Watch Topic Interview with Dr. Hedberg</li> <li>• Listen to at least 5 Topic Podcasts</li> <li>• <b>Final Essay Quiz (Required for Certificate)</b></li> </ul>   |
| <b>Course Wrap-up</b>                                        | <ul style="list-style-type: none"> <li>• Final Reflection Forum</li> <li>• Course Evaluation</li> <li>• Course Completion Checklist</li> <li>• Request a Certificate</li> </ul>                                                                                 |

### **Instructor/Student Contact Information**

This course does not provide direct instructor contact. Assignments are only included in the course to help students process the information learned. However, if you require a Certificate of Completion you must complete all Response Journals.

### **Services for Students with Disabilities**

Fresno Pacific University values the diversity of students with disabilities and is committed to providing equal access and opportunity for all students. For more information about Academic Support Center policies and for downloadable forms, please go to <https://www.fresno.edu/students/academic-support/services-students-disabilities>.

### **Technology Requirements**

To successfully complete the course requirements, course participants will need Internet access, can send and receive email, know how to manage simple files in a word processing program, and have a basic understanding of the Internet.

**Moodle:** This course will be delivered totally online. Moodle is a learning management system that provides students access to online resources, documents, graded assignments, quizzes, discussion forums, etc. Moodle is easy to learn and has a friendly user interface. To learn more about Moodle, go to [https://docs.moodle.org/33/en/Student\\_FAQ](https://docs.moodle.org/33/en/Student_FAQ). There are also some student tutorials on the Center for Online Learning website at Fresno Pacific University - <https://col.fresno.edu/student>.

**Moodle Login and Passwords:** Students will need to have internet access to log onto <https://ce-connect.fresno.edu>. The username and password numbers for Moodle access will be sent to you by the university using the email address you submitted at the time of registration. The instructor will then contact you with a welcome communication. If you need help with your username and password recovery, please contact the Continuing Education office at (800) 372-5505 or (559) 453-

2000 during regular office hours - Mon-Fri 8:00 am to 5:00 pm. or email them at [prof.dev@fresno.edu](mailto:prof.dev@fresno.edu).

**Getting Help with Moodle:** If you need help with Moodle, please contact the Center for Online Learning (COL), by telephone or the website. Help by phone (559) 453-3460 is available Mon-Thurs 8:00 am to 8:00 pm and on Fridays from 8:00 am to 5:00 pm, or by filling out a "Request Services" form at <https://col.fresno.edu/contact/request-services>. Please identify that you are with the "School = Continuing Education".

### **Requesting a Certificate of Completion**

When all work for the course has been completed, students will need to email [prof.dev@fresno.edu](mailto:prof.dev@fresno.edu) to request a Certificate of Completion. Please allow at least two weeks for the certificate to be sent.

### **University Policies and Procedures**

Students are responsible for becoming familiar with the information presented in the Academic Catalog and for knowing and observing all policies and procedures related to their participation in the university community. A summary of university policies may be found on the university website at <https://www.fresno.edu/students/registrars-office/academic-catalogs>.