

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

Target Audience: Parents and Parents to Be
Course Access: 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: Recommended book must be acquired separately. The book is required for those seeking a Certificate of completion. This course does not provide direct instructor contact; assignments are included in the course to help students process the information learned and will not be evaluated by the instructor.

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

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.

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

Course Student Learning Outcomes (C-SLO)

Student Learning Outcomes for This Course	
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

Module Title	Module Assignments and Activities
Welcome Module	<ul style="list-style-type: none"> • Introduction video • Course Syllabus • Introduce Yourself Forum
Part 1 – Am I Prepared to Raise a Family?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part One • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 2 – Am I Up to the Highest Calling on Earth?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Two • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 3 – Am I Laying the Right Foundation Stones?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Three • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 4 – Am I Raising My Kids to be People of Influence?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Four • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 5 – Am I Confronting Destructive Influences at My Doorstep?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Five • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 6 – Am I Helping My Children with their Personality Problems?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Six • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 7 – Am I Doing a Good Job as a Parent?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Seven • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Choose at least one Family Homework assignment to do
Part 8 – Am I Preparing My Children to Leave Home?	<ul style="list-style-type: none"> • Read Doctor, Teach Me to Parent Part Eight • Watch Topic Interview with Dr. Hedberg and Listen to Topic Podcasts • Final Essay Quiz (Required for Certificate)
Course Wrap-up	<ul style="list-style-type: none"> • Final Reflection Forum • Course Evaluation • Course Completion Checklist • Request a Certificate

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.

Requesting a Certificate of Completion: When all work for the course has been completed, students will need to email 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 and observe 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://ce.fresno.edu/lifelong-learning-policies-and-procedures>.