



## Danny Pettry's

Independent Education Program

Email: [Danny@DannyPettry.Com](mailto:Danny@DannyPettry.Com)

*Thank You . . . for choosing*  
Danny Pettry's Independent Education Program  
for your continuing education needs.

**Notice:** You most often get out of home study education what you put into it.

### Course Outline

#### **Course Topic**

Social psychology of likeability: techniques to improve quality of life

#### **Therapeutic Recreation Knowledge Area**

Foundation Knowledge: Social psychological aspects of play, recreation and leisure

#### **Clock Hours of Continuing Education**

Five (5) contact hours or 0.5 CEUs

Please note that 10 contact hours is equal to 1.0 CEUs.

#### **Course Goal**

Participant will increase awareness of Tim Sanders (2005) *the likeability factor* and how the development of social skills can improve social support and the quality of life.

#### **Course Objective**

Participant will read Sanders (2005) *The Likeability Factor: How to Boost Your L-Factor and Achieve Your Life's Dreams* and demonstrate an awareness and understanding of how ideas and concepts can be used for improve quality of life by scoring at least a 70% or better score before the end of the one-year course timeframe.

**Required Text:** Sanders, T. (2005). *The likeability factor: how to boost your l-factor and achieve you life's dreams*. New York: Crown Publishers.

**Book Store:** The required text can be purchased from Danny Pettry's online bookstore at the link below:

<http://astore.amazon.com/dannypettry-20>

**Contact Information**

<b>Course Instructor:</b>	Danny W. Pettry, II, MS, CTRS
<b>Office:</b>	107 Albert Avenue Beckley, West Virginia 25801-2001
<b>Office Hours:</b>	Hours vary. Contact Danny by email or phone.
<b>Email:</b>	<a href="mailto:Danny@DannyPettry.Com">Danny@DannyPettry.Com</a>
<b>Phone:</b>	304.412.4065
<b>Online:</b>	<a href="http://www.DannyPettry.Com">http://www.DannyPettry.Com</a>

**Course Requirements: What you'll need to do to complete this course:**

1. Read the required reading listed above.
2. Review the study guide shown on the next page of this course outline
3. Take the online exam and earn at least a 70% score or better. You can re-take the exam as often as needed within a one-year timeframe.

**Go to this link to take your exam:**

**<http://www.dannypettry.com/dp2socpsylike.html>**

You should be able to click on the link above to open it.  
Click "allow."

**FAQ:** What if my computer does not allow me to click on the exam link above? You can type the link in your browser.

4. **Print the results page as proof of completion.**

FAQ: What if I don't have a printer? Send an email to [Danny@DannyPettry.Com](mailto:Danny@DannyPettry.Com) after completing the course with your name, address, and course completed, and title of the course and one will be sent to your email address.

**Study Guide for the Online Exam**

1. Tim Sanders (2005) argues that people with higher likeability traits are happier and have higher levels of success. Sanders (2005) argue that a person can apply these four social traits to improve his or her level of likeability (L-Factor)?  
**Helpful hint:** chapter 6.
2. Likeable people have more friends. Eugene Kennedy (2002), professor of psychology at Loyola University, Chicago, argues this/ these benefit(s) for having good friend relationships in *Prevention Magazine*:
3. Sanders (2005) argued that likeable people are more likely to overcome life's challenges. The primary recommendation for the treatment of Attention-Deficit/Hyperactivity Disorder (ADHD) according to a 2003 report published by the National Resource Center on ADHD was to:  
**Helpful hint:** page 61-62.
4. Dehydroepiandrosterone (DHEA) is known as the "feel-good hormone." Which of these can increase DHEA:  
**Helpful hint:** p. 105
5. Carl Rogers, the creator of the *Client-Centered Therapy* argued that a therapist with this social characteristic can promote positive behavioral changes in a client:  
**Helpful hint:** p. 119
6. Dr. David Austin<sup>1</sup> (2004) in his text: *Therapeutic Recreation: Processes and Techniques*, 5<sup>th</sup> edition stated that "*the use of movies in therapeutic recreation appears to be obvious.*" Tim Sanders explains that training courses use movies as a technique to promote this social characteristic:  
**Helpful hint:** p. 185

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<sup>1</sup> Austin, D. (2004) *Therapeutic recreation processes and techniques*. 5<sup>th</sup> edition. Champaign, IL: Sagamore Publishing.

7. Sanders (2005) argued that people who share [leisure] interests develop a bond. Sanders (2005) recommend the following for building connections:  
**Helpful hint:** p. 167
  
8. Sanders (2005) argued that communicating friendliness is a great way to increase likeability. Dr. Albert Mehrabian, a communications researcher at the University of California explained in his book *Silent Messages* that people believe this type of communication MOST:  
**Helpful hint:** p. 147-148
  
9. Charles Faulkner, author of *The Technology of Achievement* confirms that this social characteristic works for promoting positive outcomes:  
**Helpful hint:** p. 103
  - a. Reciprocation – the return of friendliness works because we are “social creatures”
  - b. Smiling works because it is the first thing people notice about us
  - c. Ignorance is bliss – it is best not to know why it works
  - d. Group dynamics – research and theory
  
10. Melinda Tamkins shows in a study on success in the workplace that popular (highly likeable) people were perceived to be:  
**Helpful hint:** p. 30

### **Additional Learning Activities**

- **Cinema therapy:** movies that could promote empathy are available at this website:

<http://astore.amazon.com/teachleisure-20/102-0335662-3870561?%5Fencoding=UTF8&node=20>

**Here is the main link:**

<http://astore.amazon.com/teachleisure-20>

**The Smile Checklist Activity**

**Instructions:** Make a plan to make five people smile in one day because it produces a positive reaction good for enhancing your likeability.

Today's Date: \_\_\_\_\_

Name of person. It is good to pick people who you interact with daily	Plan for making them smile. What could you do today?	Did you use your plan? Yes or no. If no, why not?	Did they smile? Yes or no. If no, what could you do next time?
1.			
2.			
3.			
4.			
5.			

**Notice:** Danny Pettry gives you permission to print and distribute copies of this checklist activity for educational, non-commercial purposes.

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Continuing Education

## Instructor Bio

**Danny Pettry** is a Certified Therapeutic Recreation Specialist (CTRS). Pettry has a Master of Science degree in Therapeutic Recreation from Indiana University, Bloomington, Indiana and a Bachelor of Science degree in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University, Huntington, West Virginia.

**Pettry** has provided recreation therapy services for children between the ages of 7 to 13 on who are in treatment for abuse and reactive behaviors since 2003. Pettry has also worked for in-patient skilled nursing and psychiatrics in Recreation Therapy for three Huntington, West Virginia facilities: Woodlands Retirement, HealthSouth Rehab, and St. Mary's Hospital.



Mr. Danny Pettry, II

**Pettry** has been an active and good-standing member of the American Therapeutic Recreation (ATRA) since 2000. He won the Peg Connolly Scholarship to the 2004 national conference in Kansas City. He was awarded an advocate of the year in 2005 by ATRA for outstanding efforts with the Recreational Therapy – Medicare Project. He served on the Peg Connolly scholarship committee in 2007 and 2008. Pettry is also an active member of the West Virginia Therapeutic Recreation Association (WVTRA) branch of ATRA.

**Pettry** has provided in-services throughout the state of West Virginia on:

- What is Recreation Therapy and the Importance of the Medicare Project
- How to Lead Group Activities for Diversion: training for technicians.
- Discovering the Secrets to Enjoying Work
- Teambuilding Workshops
- Writing Functional Outcome Goals
- The Therapeutic Benefits of Journaling

### **Important Notice**

As with any continuing education agency, The National Council for Therapeutic Recreation Certification (NCTRC) does not pre-approve any continuing education courses for re-certification. All of the continuing education programs designed by Danny

Pettry follow the job analysis knowledge areas set by NCTRC, including:

- a. Foundation knowledge
- b. Practice of Therapeutic Recreation/ Recreational Therapy
- c. Organization of Therapeutic Recreation/ Recreational Therapy Services; and
- d. Advancement of the Profession

The Registered Nurses Board does pre-approve continuing education programs.

**DannyPettry.Com is an approved provider of continuing education activities:**

### **Nursing WV 2007-0520RN.**

For additional information regarding pre-approval status, contact the RN Board:

101 Dee Drive, Suite 102, Charleston, WV 25311-1620

Tel: 304.558.3596 or 877.743.NURS (6877) Fax: 304.558.3666