

Syllabus

Course: Personal Safety and Social Responsibility (SR-0401)

0 Credits

Course Background:

Students in the Marine Transportation and Marine Engineering majors take this course during Freshman Orientation. Many of the knowledge based assessments that comprise Personal Safety and Social Responsibility are embedded in other freshmen core courses, such as Vessel Familiarization and Engineering Systems and Safety. This module covers social responsibilities, employment conditions, individual rights and obligations, and dangers of drug and alcohol abuse. Personal Safety and Social Responsibility (SR-0104) is one of the elements that comprises Basic Training, a prerequisite for ST I and Cadet Credentialing.

Prerequisites: None.

STCW Component: By examination.

This course is part of Basic Training and fulfills the requirements for 46 CFR 11.302(a)(4) and Section A-VI/1, Table A-VI/1-4 of the STCW Code.

Course Overview:

Personal Safety and Social Responsibility provides the student with the basic tools to be a good shipmate, including maintaining good human and working relationships onboard, basic team working principles and practice, conflict management, individual rights and obligations, and alcohol and drug awareness. The skills and principles introduced in this course are reinforced daily through life in the regimental system, as well as more formally during sea term pre-briefs and other leadership training.

Course Learning Outcomes:

Upon successful completion of the course, a student will be able to

- maintain good personal and working relationships with shipmates.
- communicate effectively with shipmates.
- identify the impact of alcohol and drugs on mariners.
- practice good hygiene and prevent the spreading of communicable diseases.

Attendance Policy:

Personal Safety and Social Responsibility is a one-hour module offered during Freshman Orientation. **Attendance is *mandatory*.**

Students need to bring their regular classroom supplies and necessities with them to class (note-taking and writing supplies).

Student Assessment:

Students are assessed by multiple choice exam and by the demonstration of practical skills. Students will be required to pass each of four quizzes with a minimum score of 70%. Every student will be required to demonstrate every practical skill to the ARC standard.

Topic Outline:

Human Relations

- The importance of maintaining good personal and working relationships aboard ships.
- The causes and symptoms, as well as the physical effects, of stress.
- The results of stress-related judgment errors in giving orders, standing watch, and in all duties of the mariner.
- The deleterious effects of stress on human relationships aboard ship.
- Stress management techniques.
- Conflict management techniques.

Communication

- The principles of good communication and potential barriers to effective communication.
- Techniques for clearly and effectively communicating.

Alcohol, Drug, and Controlled Substance Awareness

- Basic knowledge of the laws pertaining to alcohol use.
- Hazards of habitual use of alcohol, drugs and other controlled substances to an individual, to the morale of a ship, and to the safety of shipmates.
- Massachusetts Maritime Academy (MMA) policy on unauthorized possession or use of alcohol.
- MMA policy on unauthorized possession or use of drugs and other controlled substances.
- Introduction to MMA's random drug testing program.
- Introduction to DOT/USCG rules and regulations on unauthorized use or possession of alcohol, drugs and other controlled substances.

Health and Hygiene

- The importance of basic of personal hygiene aboard ship.
- The danger to shipmates of transmitting disease as well as how to prevent transmission.

- Discussion of AIDS and other STDs.

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