

Course Title: **Maintaining Objectivity and Optimism**

Instructional Time: 8-hours

Course Description:

This course will cover psychological and sociological theories of objectivity and optimism; how to maintain objectivity and optimism in high stress work settings; and specific tools designed to prevent pessimism and/or subjective thoughts, feelings, and behaviors.

*San Diego County hires an external instructor to teach this class; therefore, the material is not available for review as it is not property of the San Diego County Probation Department.

