

SYLLABUS

05.05.2023 nr 6.1-14/1425-1

SUBJECT CODE	ÕOKC5225
NAME OF THE SUBJECT (in Estonian)	Isikliku arengu programm
NAME OF THE SUBJECT (in English)	Personal Development Program
VOLUME (ECTS)	3 ECTS
CURRICULUM	Elective subject for EASS students and ERASMUS students
PREREQUISITE MODULES AND SUBJECTS:	None

VOLUME OF STUDIES (study group/form of study)

LECTURE (number of hours)	SEMINAR (number of hours)	PRACTICAL WORK (number of hours)	INDIVIDUAL WORK (number of hours)	E-LEARNING (number of hours)	TOTAL (number of hours)
16	20	-	42	-	78

The overall objective of the subject is to create a learning environment for learning together to support the acquisition of the necessary knowledge and skills to communicate with different personality types, to acquire the ability to manage the processes of achieving goals and feedback in order to use these skills in everyday communication.

THE SPECIFIC OBJECTIVES OF THE SUBJECT ARE:

- to help individuals develop their personal and professional skills and achieve their full potential;
- to develop a deeper understanding of oneself, including strengths, weaknesses, values, and beliefs;
- to improve specific skills that are relevant to both personal and professional life, such as communication, leadership, time management, and decision-making;

- to boost participants` motivation and self-confidence by setting clear goals and providing them with the tools and resources to achieve those goals;
- to develop better problem-solving and critical thinking skills that will help them navigate difficult situations and make more informed decisions;
- to improve individuals` emotional intelligence, including self-awareness, self-regulation, motivation, empathy, and social skills;
- to reach individuals full potential, leading to greater personal growth, fulfilment, and overall satisfaction;
- to learn to develop more meaningful and positive relationships with others;
- to develop resilience and cope better with adversity, stress, and change.

LEARNING OUTCOMES	ASSESSMENT METHODS	ASSESSMENT CRITERIA
After completing the subject, the student:		
Knows his/her strengths, weaknesses, values, and beliefs, and has a deeper understanding of themselves.	Self- assessment. Discussions and feedback .	Active participation in discussions and group works.
Understands how to set clear goals and develop strategies to achieve them, leading to increased motivation and self-confidence (coaching techniques).	Discussions and reflection.	Demonstration and active participation in group work.
Understands emotional intelligence and how to improve self-awareness, self-regulation, motivation, empathy, and social skills, leading to better communication and positive relationships.	Discussions, group work and feedback.	Participation in practical assignments, active listening, feedback.
Understands how to develop resilience and cope with adversity, stress, and change. (Individual and group level).	Self-assessment, role-play, simulations, case studies.	Problem-solving techniques are used in case studies.
Has improved problem-solving and critical thinking skills, leading to better decision-making and more effective problem-solving individually and in teamwork.	Analysis of the responsibility and roles in the team, the process of involving and motivating others - feedback, analysis of the activities.	Team roles and responsibilities have been analysed. Acquisition of the feedback skills.

<p>Knows how to identify their values and purpose, leading to personal growth, fulfilment, and overall life satisfaction.</p>	<p>Self-assessment, reflective writing, coaching, group discussion.</p>	<p>Demonstrating clarity, alignment, application, reflection, authenticity, self-awareness, continual improvement, and taking action towards personal growth and fulfilment.</p>
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Requirements for and the composition of the final grade / credit test:

Requirements for assessment:

Attendance 90%

Assessment form: Subject is assessed in a non-differentiated assessment (pass/fail).

The subject is passed/failed on following criteria:

- participating in 90% of lectures and seminars;
- active listening and involvement;
- timely submission of individual tasks;
- timely submission of portfolio (self-analysis).

Compiled by: Evelyn Soidla

Date: 21.04.2023