|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Name** | **Code** | **Semester** | **T+U** | **Credit** | **ECTS** |
| **Personel Development** |  |  | 2+0 | 2 | 3 |
| Prerequisite Courses |  |
| Language of the Course | Turkish |
| Type of Course | Unrestrictive Elective |
| Course Coordinator |   |
| Instructor |  |
| Course Assistants |  |
| Aim of Lesson |  Students will get information about personal development and methods and they can apply to their life. |
| Course Learning Outcomes | At the end of this course, the student;1. Evaluates the self-concept and the factors that shape it.2. Knows the concepts of personal development. 3. Knows personal development methods. |
| Course Content | Self-concept, social rules, development process and individual, perception, self and ways of self-expression, defense mechanisms in self formation, use of emotions and emotional intelligence, empathy, future and personal goals, ways of coping with stress, individual differences in motivation, use of body language , time management, CV preparation techniques. |
| **Weeks** | **Topics** |
| 1 | Definition and purposes |
| 2 | Ego concept |
| 3 | Social rules, development process |
| 4 | Perception , self and self expression  |
| 5 | Defense mechanisms |
| 6 | Emotional intelligence |
| 7 |  Empathy  |
| 8 | Empathy  |
| 9 | Personal goals  |
| 10 | Stress in emergence situations |
| 11 | Motivation |
| 12 | Body Language  |
| 13 | Time management |
| 14 | CV preparation techniques |

|  |
| --- |
| **General Competencies** |
| Students are expected to understand the main topics of this course and use it in their fields and practices. |
| **References** |
| Cüceloğlu , D., (1999). *Warrior for a meaningful and enthusiastic life* , Remzi Bookstore.Cüceloğlu , D., (2003). *Communication equipment .* Istanbul: Remzi bookstore . |
| **Evaluation System** |
| It is stated in the syllabus at the beginning of the semester. |

|  |
| --- |
| **PROGRAM LEARNING OUTCOMES****AND COURSE LEARNING OUTCOMES RELATIONSHIP TABLE** |
|  | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** |
| **LO1** | - | - | - | - | - | - | - | 2 | - | 4 |
| **LO2** | - | - | - | - | - | - | - | 2 | - | 4 |
| **LO3** | - | - | - | - | - | - | - | 2 | - | 4 |
| **LO: Learning Outputs PO: Program Outputs** |
| **Contribution****level** | **1 Very Low** | **2 Low** | **3 Medium** | **4 High** | **5 Very High** |

Relation of Program Outcomes and Related Course

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lesson** | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** |
| **Self-improvement** | - | - | - | - | - | - | - | 2 | - | 4 |

 |