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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **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 | |