AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title		Personal Development						
Course Code		İŞT186		Couse Level		Short Cycle (Associate's Degree)		
ECTS Credit	2	Workload	50 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		With this course students; it is aimed to achieve success in social life and professional life by recognizing the student's mental, spiritual and physical aspects.						
Course Content		Personal development methods						
Work Placement		N/A						
Planned Learning Activities and Teaching Methods		Explanation (Presentation), Discussion, Case Study, Individual Study						
Name of Lecturer(s)								

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Megep (Türkiye'de Mesleki ve Teknik Eğitimin Kalitesinin Geliştirilmesi Projesi). Ders Modülleri 2006. www.megep.meb.gov.tr/

Week	Weekly Detailed Course Contents	
1	Theoretical	Personality concept
2	Theoretical	Personality concept
3	Theoretical	Individual development
4	Theoretical	Bedensel Gelişim
5	Theoretical	Spiritual Development
6	Theoretical	Mental Development
7	Theoretical	Self-awareness and development
8	Theoretical	Kendini tanıma ve geliştirme
9	Intermediate Exam	Midterm
10	Theoretical	Using Time Active
11	Theoretical	Using Time Active
12	Theoretical	Stress management methods
13	Theoretical	Stresle baş etme yöntemleri
14	Theoretical	Professional development
15	Theoretical	Rights seeking process
16	Final Exam	Final Examination

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	1	0	28	28
Assignment	1	0	20	20
Midterm Examination	1	0	1	1

Final Examination	1	0	1	1
			Total Workload (Hours)	50
			[Total Workload (Hours) / 25*] = **ECTS**	2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	They try to identify themselves mentally, spiritually, and bodily.
2	Learn the basic methods you need to understand your interests, needs and expectations.
3	It applies the methods of coping with stress.
4	Use time effectively
5	To be able to determine the target and to guide their own development process

Programme Outcomes *(Computer Programming)*

1	Having knowledge and skills in web project preparation and publishing
2	Having the knowledge and skills necessary for proper use management of database applications
3	Having knowledge and skills for software development, testing and installation
4	Be able to use the hardware necessary for computer programming and solve the basic problems they have with hardware
5	To be able to use information and communication technologies at the level required by computer programming
6	To be able to produce solutions to problems encountered in the field
7	Having the competencies to make job planning in the profession
8	Communicating with colleagues and clients based on knowledge and skills
9	Be able to take responsibility as an individual or as a team member and to fulfill the responsibility
10	To be able to express written and oral expressions related to the study topic
11	Be able to adapt the winning information to new situations

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2	L3	L4	L5
P1	2	1	2	2	2
P2	2	1	2	2	1
P3	2	1	2	1	1
P4	1	1	2	1	1
P5	1	1	1	1	2
P6	1	1	1	1	2
P7	1	1	5	2	1
P8	2	1	2	2	1
P9	2	1	2	1	1
P10	2	1	2	1	1
P11	2	1	1	1	1