# 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 *(Marketing)*

| | |
|---|---|
| 1 | To develop capabilities of using IT instruments, |
| 2 | To plan process of occupation and application of this capabilities. |
| 3 | To develop communicating in a foreign language. |
| 4 | To develop product decisions |
| 5 | To reflect the personality of customer oriented personality in every aspect of life. |
| 6 | To develop abilities in international marketing. |
| 7 | To develop active and entrepreneur spirit. |
| 8 | To define pitfalls on the way in occupational path. |
| 9 | To develop occupational ethical philosophy. |
| 10 | To develop life time learning capabilities. |
| 11 | To develop understanding of industrial problems. |
| 12 | To understand legal process. |
| 13 | To develop active communication skills. |
| 14 | To develop marketing and sales communication skills. |

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

| | L1 | L2 | L3 |
|---|---|---|---|
| P10 | 5 | 5 | 5 |