



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Personal Development							
Course Code		İŞT186		Course 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/
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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 (Garment Manufacturing Technology)

1	To be able to use theoretical and practical knowledge related to Garment Manufacturing Technology
2	To carry out brand management, marketing and promotional activities related to Garment Manufacturing Technology
3	Having the skills of data collection, research report preparation and presentation for the research, preparing the project
4	Being able to plan the processes / processes related to Garment Manufacturing Technology to meet the expectations of the sector, to be able to make business organization, production plan and control, prepare working instructions
5	To be able to determine textile raw materials and surface properties, to choose garment auxiliary materials, to be able to control materials
6	To be able to carry out steps of pattern preparation, grading, pattern layout preparation
7	To be able to use necessary equipments and machines for applications related to Garment Manufacturing Technology and to make adjustments and maintenance
8	To be able to use computer aided pattern and design programs, production applications in Garment Manufacturing Technology
9	Having the ability to manage and organize business by creating the idea of establishing a business in the field
10	To be able to create a model by applying technical drawings of clothing and basic arts education
11	To be able to realize basic sewing techniques, production stages of women's, men's and children's wear

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

	L3	L4
P9	2	2

