



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 (Automotive Technology)

1	To be able to interpret and evaluate data, identify problems, analyze them, and develop evidence-based solutions by using basic knowledge and skills in the field.
2	Must be able to choose and effectively use the modern techniques, tools and information technologies necessary for field related applications.
3	Must be able to gain practical skills by examining relevant processes in industry and service sector on site.
4	They must be able to produce solutions, take responsibility for teams or do individual work when they encounter situations unforeseen in the field related applications.
5	Awareness of the need for lifelong learning; it must be able to follow the developments in science and technology and to constantly renew itself.
6	Must be able to use computer software and hardware at the basic level required by the field
7	Must have job security, worker health, environmental protection knowledge and quality awareness.
8	He must possess a level of foreign language knowledge that is capable of following the innovations in his area of expertise and communication techniques.
9	Must be able to acquire basic theoretical and practical knowledge about the field in mathematics, science and basic engineering.
10	It should have the ability to plan the processes / processes of the Automotive Program to meet the expectations of the sector.
11	To be able to design the systems and components related to the field by using technical drawing, computer aided drawing, designing using simulation programs and using various softwares, to be able to make basic sizing calculations, to be able to master professional plans and projects.

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

	L1
P8	2

