



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 (Fashion Design)

1	Be able to use the theoretical and practical knowledge related to fashion design
2	Fashion marketing and promotional activities should be carried out in matters related to fashion design
3	Must be able to collect data for research, prepare and present research report, prepare project
4	Designing personal clothing to meet the expectations of the sector and preparing the creations on the computer
5	Should be able to recognize the fabric surfaces, select auxiliary materials, control materials.
6	It should be able to carry out steps of mold preparation, spreading, laying plan preparation.
7	Must be able to use the necessary equipment, equipment and machines for the applications related to fashion design, and make adjustments and maintenance.
8	Must be able to use computerized mold and design programs in the field of fashion design.
9	Must have the ability to manage and organize business by creating the idea of establishing a business in the field.
10	Can create a model she designs in her mind by applying the technical drawings of the clothes and fashion formal training.
11	Basic sewing techniques should be able to realize the 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

	L1
P3	1

