

Course Title	Self-Development Theories and Practice				
Course Code	CDPA-218				
Course Type	Required				
Level	Diploma				
Year / Semester of Study	1 year/2 <sup>nd</sup> Semester				
Lecturer's Name	TBA				
ECTS	6	Lectures/Week	3 hours per week	Laboratories/Week	N/A
Course Aim	<p>This course aims to provide the students with knowledge and skills that would be useful in identifying personal development skills, allow them to develop as leaders, and be equipped to deal with staff welfare. The course places an intense focus on the individual and is driven by current theoretical and empirical research.</p>				
Learning Outcomes	<p>By the end of the course, students are expected to set goals, creating solutions, developing strategies to achieve goals, discussing options and outcomes, develop self esteem and physical well-being, develop body movement skills, develop problem solving and decision making skills and develop moral values and standards of personal conduct based on integrity, respect and consideration for others.</p>				
Prerequisites	NONE	Corequisites	NONE		
Course Content	<p>Introduction to Personality Development</p> <p>The Developing Personality</p> <p>Stages of Development</p> <p>Basic Personality Traits</p> <p>Personality Types</p> <p>Changing your Personality</p> <p>Personality Disorders</p> <p>Personal Growth</p> <p>Discounting vs. empowerment</p>				

	Fitness and Self leadership Uniqueness Developing Emotional Strength		
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies.		
Bibliography	<b>Required:</b> Neck, C. and Manz, C. (2013): Mastering self leadership, 6th ed., Pearson, Garvin, D. and Margolis, J. (2015): The art of giving and receiving advice, Harvard Business Review, pg. 61-71;		
Assessment Policy	50 %	Final Exam	
	0 – 40 %	Mid –Term / Tests / Quizzes	
	0 – 20 %	Homework	
	0 – 10 %	Class Attendance & Participation	
Language	ENGLISH		