

# GEN0104

## SELF-DEVELOPMENT

Introduction to Self Development

## COURSE OUTLINE

- Basic principles of **human behaviors**, the insight into **oneself and others**, the **pride** of oneself, **concept and theories** of self-development, **process and procedure** of self-development, the creation of **interpersonal relationship**, skills of **emotional quotient** management, the **prevention of risking** one's life behavior, and living one's **valuable and happy life**

## COURSE SCHEDULE

Week 1 : **Unit 1 Introduction to Self Development**  
 Week 2 : **Unit 1 Introduction to Self Development (cont.)**  
 Week 3 : **Unit 2 Uniqueness to Self Development**  
 Week 4 : **Unit 2 Uniqueness to Self Development (cont.)**  
 Week 5 : **Unit 3 Goals**  
 Week 6 : **Unit 4 SMART Goals**

## COURSE SCHEDULE

Week 7 : **Revision**  
 Week 8 : **Midterm Examination**  
 Week 9 : **Unit 5 O.C.E.A.N**  
 Week 10 : **Unit 6 Motivation & Emotion (Motivation)**  
 Week 11 : **Unit 6 Motivation & Emotion (Emotion)**  
 Week 12 : **Unit 7 Mental Illnesses/Disorders and Therapies**

## COURSE SCHEDULE

Week 13 : **Unit 8 Social Styles**  
 Week 14 : **Unit 9 Mindsets**  
 Week 15 : **Final Project Presentation & Submission**  
 Week 16 : **Revision & Final Exam Guidelines**  
 Week 17 : **Final Examination**

## ASSESSMENT

- ✓ Attendance
  - ▣ Students' behavior in class/online and uniform standard
  - ▣ Students' participation in class and online
- ✓ Assignments / Quizzes
- ✓ Class activities / Final Project
- ✓ Midterm and final examination

## Assessment

✓ Attendance	10 points
✓ Assignments / Quizzes	20 points
✓ Final Project	20 points
✓ Midterm Examination	20 points
✓ Final Examination	30 points

**Total** **100 points**

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- Room # 401
- LINE group : Self Development IB63
- Google Classroom
- FACEBOOK Group Self-Development IB 63

OUR CLASS ONLINE PLATFORMS: Google Meet

Google Classroom (Self Development IB 63)

>> 56zpb4g



<https://classroom.google.com/c/MjU1MjE1NDlwOTY4>

## Introduction to Self Development

Why are some people happier, more confident, and more successful than others?

BECAUSE OF DIFFERENT ...

	<b>Motivation</b>	<b>Necessary Skills</b>
<b>Mindset</b>		
	<b>Goals</b>	<b>E.Q.</b>
<b>Attitude</b>		
<b>Social Skills</b>	<b>I.Q.</b>	<b>Passion</b>

## COURSE OUTCOME & EXPECTATION

This course will enable you to

- Know and develop yourself. (achievement, soft skills, E.Q., personality, behavior, roles & duties, ...)
- Lead a fulfilling life.
- Build meaningful relationships.
- Understand others and be understood.

## KNOW & DEVELOP YOURSELF

- Each person has something **unique** and **valuable** (achievement, soft skills, E.Q., personality, behavior, roles & duties, ...).
- You can consider and know your **potential**, and **learn** how to use and improve it.

## LEAD A FULFILLING LIFE

- Each person has different goal setting in life – yet the road to fulfillment is bumpy.
- You should know your **potential and the way to reach your goal**, and **learn** how to use it – whether it's at work, in your studies, or in a career you haven't yet considered.

## BUILD MEANINGFUL RELATIONSHIPS

- **Being different** from people around you can leave you feeling lost and alone. You can develop the meaningful connections you want.
- **Relationships** with friends, colleagues and partners can be tricky to maintain, despite your good intentions. But when you do make a connection, it's usually a strong, rewarding bond.
- This course contains specific advice to help you **make better, deeper connections** with the people who matter.

## UNDERSTAND OTHERS AND BE UNDERSTOOD

- You may have gone through life feeling like an **outsider**. You should know that you need to understand others and **somebody understands who you are**, even if the people around you don't.
- At times, you've probably felt like an outsider in life. But the truth is: **there are people who understand you, and who are just like you** – even if you don't encounter them everyday.

## PERSONALITY TEST

- Personality is something that we informally assess and describe everyday. When we talk about ourselves and others, we frequently refer to **different characteristics of an individual's personality**.
- Psychologists do much the same thing when they assess personality, but on a much more systematic and scientific level.

## MBTI PERSONALITY TEST

- The Myers-Briggs Type Indicator (MBTI)
- It is a self-report questionnaire designed to indicate psychological preferences **in how people perceive the world and make decisions**.
- The test results in **16 personality types**

## EXERCISE

- 3 things you expect and want to develop yourself from this course (**Self- Development**)

