GEN 0104
Self-Development

Lecturers:
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GEN 0104
Self-Development

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  GEN 0104 AB 62 G 1

- Change LINE group named:
  GEN 0104 AB62 G 2

GEN 0104 Course Description

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**

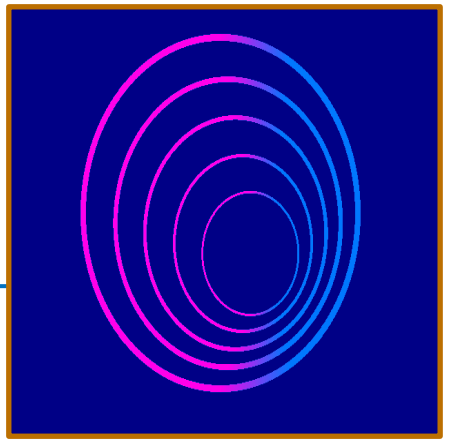
Week 14: **Unit 9 Mindsets**

Week 15: **Final Project Presentation & Submission**

Week 16 : **Revision & Final Exam Guidelines**

Week 17 : **Final Examination**

Assessments



1. Attendance
   - Students’ behavior in class/online and uniform standard
   - Students' participation in class and online
2. Assignments / Quizzes
3. Class activities / Final Project
4. 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**

Grade Report Criteria

Student's score (%)	Grade	Result
86-100	A	4.00
82-85	A-	3.75
78-81	B+	3.50
74-77	B	3.00
70-73	B-	2.75
66-69	C+	2.50
62-65	C	2.00
58-61	C-	1.75
54-57	D+	1.50
50-53	D	1.00
46-49	D-	0.75
0-45	F	0.00

Student's score (%)	Grade	Result
-	I	Incomplete
-	W	Withdraw

Submit every assignment and take every test and exam.

In case of getting grade I,
contact your course lecturer as soon as possible.

Late & absence regulation

- Should come to class in time with course materials.
- Can be late no later than 15 minutes.
- Be late 3 times = 1 absence
- Must not be absent more than 3 times.

Late & absence regulation

- Have sick absence but with medical certificate or other evidences.

- Have personal absence but with permission letter in advance.

10-15 minutes before finishing class

- Find online materials for us to practice TOEIC or English skills.

- Share interesting applications to develop your skills in everyday life and your work in the future.

(make a random every week to present your own material and share on our class online platform.)

Contact Lecturers:

1. Asst.Prof. Dr.Krongthong Khairiree via:
- Room 305
- EMAIL: krongthong.kh@ssru.ac.th
- Change LINE group named:
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2. Mr.Luechai Tiprungsri via:
- Room 305
- EMAIL: luechai.ti @ssru.ac.th
- Change LINE group named
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Our class online platforms:

- Google Classroom (GEN0104 Self Development)

- FACEBOOK Group
  - Self-Development AB62 G.1
  - Self-Development AB62 G.2