

GEN0104

SELF DEVELOPMENT

Lecturer: Miss Yanika Chuentako (Cee)

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**(*remainder, result*) management,
 - ▣ the **prevention**(*avoidance*) 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 Motivation & Emotion (Motivation)**
- Week 6 : **Unit 3 Motivation & Emotion (Emotion)**

Course Schedule

- Week 7 : **Unit 4 Customer Perception**
- Week 8 : Midterm Examination
- Week 9 : **Unit 5 Stress and Health**
- Week 10 : **Unit 6 Social Styles**
- Week 11 : **Unit 6 Social Styles (cont.)**
- Week 12 : **Unit 7 Psychological Disorders**

Course Schedule

- Week 13 : **Unit 8 Psychological Therapies**
- Week 14 : **Unit 9 Applied Psychology for Self Development**
- Week 15 : **Unit 9 Applied Psychology (cont.)**
- Week 16 : Student's Project Presentation
Review & Final Exam Guidelines
- Week 17 : Final Examination

Assessment

- Attendance
 - ▣ Students' behavior in class and uniform standard
 - ▣ Students' participation in class
- 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

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

**Grade
Report
Criteria**

**Submit every assignment and
take every test and exam.**

**In case of getting I,
Contact your course lecturer
as soon as possible.**

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

**Grade
Report
Criteria**

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. (otherwise you are not be allowed to take examination)**

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



- TOEIC preparation by Kahoot!
- Find online materials for us to practice TOEIC or English skills.

(random every week to present your own material and share it in class and on Line group.)

- Share interesting applications to improve your skills in 21st century



**You can reach me
(Miss Yanika Chuentako) via:**

- 
- Yanika.cee (LINE)
 - EMAIL: yanika.ch@ssru.ac.th
 - Room #306
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Introduction to Self Development



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



How do they know that you don't?

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.

Take a break



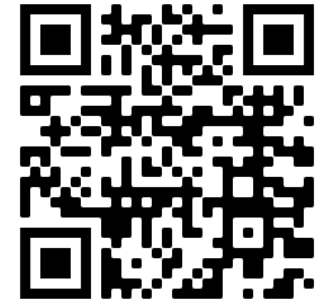
10 minutes

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.

Psychological pictures to test your personality

- <https://www.youtube.com/watch?v=c2gKsnRzSHw>



- <https://www.youtube.com/watch?v=P1nvzhmyEBU>



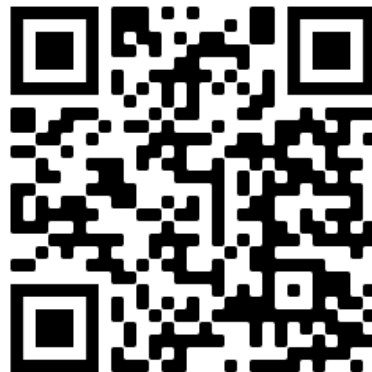
MBTI Personality Test

- 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**
- <https://www.16personalities.com/personality-types>
- <https://www.16personalities.com/th>

[https://www.16personalities.com/
personality-types](https://www.16personalities.com/personality-types)



<https://www.16personalities.com/th>



The 16 Personality Types

Analysts



“ARCHITECT”

INTJ (-A/-T)

Imaginative and strategic thinkers, with a plan for everything.



“LOGICIAN”

INTP (-A/-T)

Innovative inventors with an unquenchable thirst for knowledge.



“COMMANDER”

ENTJ (-A/-T)

Bold, imaginative and strong-willed leaders, always finding a way – or making one.



“DEBATER”

ENTP (-A/-T)

Smart and curious thinkers who cannot resist an intellectual challenge.

Diplomats



“ADVOCATE”

INFJ (-A/-T)

Quiet and mystical, yet very inspiring and tireless idealists.



“MEDIATOR”

INFP (-A/-T)

Poetic, kind and altruistic people, always eager to help a good cause.



“PROTAGONIST”

ENFJ (-A/-T)

Charismatic and inspiring leaders, able to mesmerize their listeners.



“CAMPAIGNER”

ENFP (-A/-T)

Enthusiastic, creative and sociable free spirits, who can always find a reason to smile.

Sentinels



“LOGISTICIAN”

ISTJ (-A/-T)

Practical and fact-minded individuals, whose reliability cannot be doubted.



“DEFENDER”

ISFJ (-A/-T)

Very dedicated and warm protectors, always ready to defend their loved ones.



“EXECUTIVE”

ESTJ (-A/-T)

Excellent administrators, unsurpassed at managing things – or people.



“CONSUL”

ESFJ (-A/-T)

Extraordinarily caring, social and popular people, always eager to help.

Explorers



“VIRTUOSO”

ISTP (-A/-T)

Bold and practical experimenters, masters of all kinds of tools.



“ADVENTURER”

ISFP (-A/-T)

Flexible and charming artists, always ready to explore and experience something new.



“ENTREPRENEUR”

ESTP (-A/-T)


Smart, energetic and very perceptive people, who truly enjoy living on the edge.



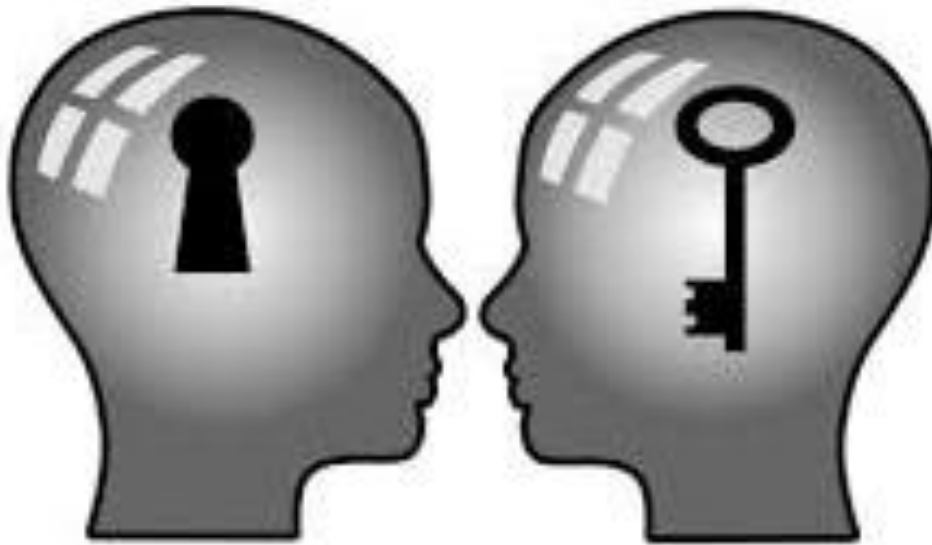
“ENTERTAINER”

ESFP (-A/-T)


Spontaneous, energetic and enthusiastic people – life is never boring around them.

- 
- Test your own personality.
 - Write the results you get with explanations.
 - Share and discuss in group.

Other psychology tests for self development



<https://www.psychologytoday.com/intl/tests>

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- Test your own personality by choosing any topic you like on website.
 - Write the results you get with explanations.
 - Share and discuss in group.

Homework

- Explain what you expect in this course
(Self Development)
- Write in a piece of paper.
- Submit me in class next week.