

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT
Status: Definitive
Code: **5008BUSHM** (111357)
Version Start Date: 01-08-2011

Owning School/Faculty: Liverpool Business School
Teaching School/Faculty: Liverpool Business School

Team	Leader
Michael Franco	Y

Academic Level: FHEQ5
Credit Value: 12.00
Total Delivered Hours: 39.00
Total Learning Hours: 120
Private Study: 81

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	19.000
Workshop	20.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	AS1	Individual reflection	100.0	

Aims

To nurture and facilitate the development of those skills associated with personal development and work relationships.

Learning Outcomes

After completing the module the student should be able to:

- 1 Review and assess their own skills/qualities, strengths and weaknesses with regard

- to particular aspects of working with people.
- 2 Produce evidence of a plan for self improvement.
- 3 Reflect on personal performance in order to demonstrate learning from this experience.
- 4 Demonstrate appropriate communication skills in order to achieve given objectives.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Individual reflection 1 2 3 4

Outline Syllabus

- *Career development and future planning*
- *Learning Styles and application strategies*
- *Positive Thinking*
- *Assertiveness*
- *Creativity and Decision Making*
- *Stress Management*
- *Communication Skills*

Learning Activities

Lectures and workshops.

References

Course Material	Book
Author	Pedler M., Burgoyne J. and Boydell T.,
Publishing Year	2001
Title	A Managers Guide to Self Development,
Subtitle	
Edition	
Publisher	McGraw Hill Book Company.
ISBN	

Course Material	Book
Author	Pedlar M., Boydell T.,
Publishing Year	1999
Title	Managing Yourself,
Subtitle	
Edition	(2nd edition)
Publisher	Lemos and Crane.
ISBN	

Course Material	Book
Author	Davison, B
Publishing Year	1998
Title	Whats all this about stress?
Subtitle	
Edition	
Publisher	Tudor 1998
ISBN	

Notes

Assignment one will focus on developing a particular aspect of the students ability to work with others.

Assignment two will involve reflecting on issues raised in class, with a view to applying these ideas in life/work.