

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT
Status: Definitive
Code: **5503HM** (107434)
Version Start Date: 01-08-2011

Owning School/Faculty: Liverpool Business School
Teaching School/Faculty: Isle of Man International Business School

Team	Leader
Alex Watt	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: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	19.000
Workshop	20.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Positive Commitment Assignment	50.0	
Essay	AS2	Learning Log	50.0	

Aims

To enable the student to develop skills associated with developing themselves and working with people.

Learning Outcomes

After completing the module the student should be able to:

- 1 Assess their own skills/qualities, strengths and weaknesses with regard to particular aspects of working with people.
- 2 Produce and apply a plan for self improvement.
- 3 Reflect on personal performance in order to demonstrate learning from experience.
- 4 Demonstrate appropriate communication skills within groups in order to achieve given objectives.

Learning Outcomes of Assessments

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

ESSAY	1	2
ESSAY	3	4

Outline Syllabus

- *Career development and future planning*
- *Learning Styles and Strategy for Application*
- *Positive Thinking*
- *Assertiveness*
- *Creative Thinking and Decision Making*
- *Stress Management*
- *Communication Skills*

Learning Activities

Lectures.

References

Course Material	Book
Author	Pedler M., Burgoyne J. and Boydell T.,
Publishing Year	1994
Title	A Managers Guide to Self Development,
Subtitle	
Edition	(3rd 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	

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.