

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT
Status: Definitive
Code: **5503PD** (107477)
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: 19.00
Total Learning Hours: 120
Private Study: 101

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Workshop	19.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Learning Log individual coursework normally due in week 12	100.0	

Aims

To nurture and facilitate the development of those skills associated with personal development and work relationships. To reflect and acquire skills linked to the completion of PDP documentation.

Learning Outcomes

After completing the module the student should be able to:

- 1 Review and assess own skills and qualities, strenghts 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:

ESSAY	1	2	3	4
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Outline Syllabus

Career development and personal development planning
Learning styles and application strategies
Positive thinking
Assertiveness
Creativity and decision making
Stress management
Communication skills

Learning Activities

Workshops facilitating reflection and the development of interpersonal skills and personal development activity.

References

Course Material	Book
Author	Pedlar M, Burgoyne J and Boydell T
Publishing Year	2001
Title	A managers guide to self development
Subtitle	
Edition	
Publisher	McGraw Hill
ISBN	

Course Material	Book
Author	Pedlar M and Boydell T
Publishing Year	1999
Title	Managing Yourself
Subtitle	
Edition	2nd

Publisher	Lemos and Crane
ISBN	

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

Notes

There is one coursework for the module weighted at 100%. This takes the form of a learning log. Students review 7 topics from the module and choose one of these 7 for closer investigation and analysis of self application.

Formative assessment is by class discussion and regular exercises which reinforce taught sections.

Coursework is normally submitted in week 13