

GE2223

**Interpersonal Skills &
Positive Personal
Development**





Course Aims

This course aims to equip students with *professional knowledge & skills*

–to manage *interpersonal interactions*, and

–for *lifelong personal development*

Course Intended Learning Outcomes

1	Explain the psychological, social, and ethical factors on interpersonal relationships and personal growth.
2	Evaluate self strength(s) and weakness(es) in interpersonal relationships and personal growth.
3	Demonstrate interpersonal skills for self-improvement
4	Assess and review self-improvement.
5	Apply the knowledge of interpersonal skills to social issues/daily interpersonal relationships.
6	Value ethical and socially responsible actions

Assessment

100% Courseworks



Course Content

Intra-personal development



Self-concept & Self-awareness
Development of the Self
Self-actualization



Stress, Health, & Wellness
Emotional Intelligence & Happiness

Inter-personal development



Friendship,
Love & Intimate Relationship
Marriage, Families, & Parenting



Group & Group Influence
Group Dynamics

Teaching & Learning Activities

