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

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

100% Courseworks

- Self-improvement project
- Group project & presentation
- Active participation in experiential exercises
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

- Experiential Exercises
- Lectures
- Self-Improvement Project
- Group Project & Presentation