

Course Unit: 400342 – Personal Development II

Year 1 Semester 1 ISCED Code: 0031 ECTS: 1,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face

Language of Instruction: Portuguese

COURSE COORDINATOR: Inês Nobre Martins Camacho

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
37,5		15							22,5

Prerequisites (if applicable):

LEARNING OUTCOMES (knowledge, skills and competence)

1. Understand identity as a personal and social entity.
2. Understand the development of temperament and personality.
3. Recognize the impact of the self with others.
4. Understand the importance of values in shaping personality and understanding others.
5. Understand the Problems of an intra and interpersonal nature.
6. Know how to manage emotions positively.

CONTENTS

1. Personal and social formation.
2. Identity, Temperament and Personality.
3. Development of critical and creative thinking.
4. Values and beliefs.
5. Developing the Relationship of the Self with the other (s).
6. Positive management of emotions.
7. Promotion of personal and social well-being.

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

- Personal and social training (objective 1).
 Identity, temperament and personality (goals 2 and 3)
 Development of critical and creative thinking (goals 2 and 3).
 Values and beliefs (goals 4 and 5)
 Developing the relationship of self with others (goals 4 and 5)
 Positive management of emotions (goals 5 and 6).
 Promotion of personal and social well-being (objectives 5 and 6)

TEACHING METHODOLOGIES

Lectures

Individual and group reflection on the themes and individual and social situations.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

Moments of exposure by the teacher (objectives 1,2,3,4,5 and 6)

Group Dynamics Exercises (Goal 5)

Dynamization of debates and moments of reflection in small and large groups.

EVALUATION METHODS

Individual work - Individual Portfolio - 100% - minimum grade 10

Exam - minimum grade - 10

MAIN BIBLIOGRAPHY

Duarte, T. (2007). Recovery da doença mental: uma visão para os sistemas e serviços da Saúde Mental. *Análise Psicológica* (xxv), 127-133.

Fachada, M. (2018). *Psicologia das Relações Interpessoais*: Lisboa: Rumo.

Goldeman, D. (2000). *Inteligência Emcional*. Lisboa: Temas e Debates.

Hofstede, G. (2003). *Culturas e organizações. Compreender a nossa organização mental*. Lisboa: Edições Sílabo.

Le Boterf, G. (2003). *Desenvolvendo a Competência dos Profissionais*: Porto Alegre: Artmed.

Year of implementation: 2019/2020 | Date of approval by the Technical-Scientific Board: 2019-12-18