

**Course Unit: 400363 – Personal Development V**

Year 3 Semester 2 ISCED Code: 0313 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. To know the determinants of behavior.
2. Identify situations likely to lead to conflicts in the work context and their types of results.
3. To know problem solving strategies in the work environment
4. To identify the main problems associated with the profession.
5. Know how to implement problem-solving strategies in the professional practice of occupational therapy

**CONTENTS**

1. Behavior determinants
2. Conflict situations in the working environment
3. problem solving strategies in the work environment
4. Issues related to the profession
5. Troubleshooting the professional practice of Occupational Therapy

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

1. Behavior determinants (Goal 1)
2. Conflict situations in the working environment (Goal 2)
3. problem solving strategies in the work environment(Goal 3)
4. Issues related to the profession (Goal 4)
5. Troubleshooting the professional practice of Occupational Therapy (Goal 5)

**TEACHING METHODOLOGIES**

- Lectures.
- Group dynamics.

Group work.

Online literature research, presentation of research papers analysis.

Viewing videos followed by reflection.

Oriented study.

Individual reflection and small group of documents, thematic and personal and social situations.

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

- In charge of teaching exposure time (Goals 1, 2, 3.4 and 5.)
- Group dynamics exercises (Goals 2,3.4 and 5)
- Group work Exercises (Goals 2,3,4 and 5)
- Problem solving together (Goals 3,4 and 5)
- Promotion of debates and moments of reflection, in small and large group, based on the analysis of various documents and processes and products arising from the situations proposed (Goals 2,3,4 e 5)

### **EVALUATION METHODS**

Construction of the Occupational Therapist Manual (Definition and approach to a specific problem that put the occupational therapists in the workplace ) . This is a group work to be presented in class and written document (100%- minimum grade - 10).

### **MAIN BIBLIOGRAPHY**

Fachada, M. (2000). *Psicologia das Relações Interpessoais*. Lisboa: Rumo.

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

Leiria, A., Palma, C., & Cunha, M. (2006). O contrato psicológico em organizações empreendedoras: Perspectivas do empreendedor e da equipa. *Comportamento Organizacional e Gestão*, 12(1), 67-94.

McIntyre, S. (2007). Como as pessoas gerem o conflito nas organizações: Estratégias individuais negociais. *Análise Psicológica*, 2(XXV), 295-305.

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