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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Dersin Adı** | | **Kodu** | **Yarıyıl** | **T+U** | **Kredi** | **AKTS** | | **Kişisel Gelişim** | |  |  | 2+0 | 2 | 3 | | Ön koşul Dersler |  | | | | | | | Dersin Dili | Türkçe | | | | | | | Dersin Türü | MYO Seçmeli | | | | | | | Dersin Koordinatörü |  | | | | | | | Dersi Veren |  | | | | | | | Dersin Yardımcıları |  | | | | | | | Dersin Amacı | Kişisel gelişim yöntemlerini bilecek ve kendi hayatına uygulayabilecektir. | | | | | | | Dersin Öğrenme Çıktıları | Bu dersin sonunda öğrenci;  1. Benlik kavramı ve onu şekillendiren faktörleri değerlendirir.  2. Kişisel gelişim kavramlarını bilir.  3. Kişisel gelişim yöntemlerini bilir. | | | | | | | Dersin İçeriği | Benlik kavramı, toplumsal kurallar, gelişim süreci ve birey, algı, benlik ve kendini ifade etme yolları, benlik oluşumunda savunma mekanizmalar, duyguların ve duygusal zeka kullanımı, empati, gelecek ve kişisel hedefler, stresle başa çıkma yolları, motivasyonda bireysel farklılıklar, beden dilinin kullanımı, zaman yönetimi, CV hazırlama teknikleri. | | | | | | | **Haftalar** | **Konular** | | | | | | | 1 | Ders tanımı ve amaçları | | | | | | | 2 | Benlik kavramı | | | | | | | 3 | Toplumsal kurallar, gelişim süreci ve birey | | | | | | | 4 | Algı, benlik ve kendini ifade etme yolları | | | | | | | 5 | Benlik oluşumunda savunma mekanizmaları | | | | | | | 6 | Duyguların ve duygusal zeka kullanımı | | | | | | | 7 | Empatinin kuramsal yapısı | | | | | | | 8 | Empati uygulamaları | | | | | | | 9 | Gelecek ve kişisel hedeflerin yapılandırılması | | | | | | | 10 | Stresle başa çıkma yolları | | | | | | | 11 | Motivasyonda bireysel farklılıklar | | | | | | | 12 | Beden dilinin kullanımı | | | | | | | 13 | Zaman yönetimi | | | | | | | 14 | CV hazırlama teknikleri | | | | | |  |  | | --- | | **Genel Yeterlilikler** | | Öğrencilerden bu dersin ana konularını anlamaları ve alanları ile uygulamalarında kullanmaları beklenir. | | **Kaynaklar** | | Cüceloğlu, D., (1999). *Anlamlı ve coşkulu bir yaşam için savaşçı*, Remzi Kitabevi.  Cüceloğlu, D., (2003). *İletişim donanımları.* İstanbul: Remzi Kitabevi. | | **Değerlendirme Sistemi** | | Dönem başında ders izlencelerinde belirtilir. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **PROGRAM ÖĞRENME ÇIKTILARI İLE**  **DERS ÖĞRENİM ÇIKTILARI İLİŞKİSİ TABLOSU** | | | | | | | | | | | | | | | | |  | **PÇ1** | | **PÇ2** | **PÇ3** | | **PÇ4** | **PÇ5** | | **PÇ6** | **PÇ7** | | **PÇ8** | **PÇ9** | | **PÇ10** | | **ÖÇ1** | - | | - | - | | - | - | | - | - | | 2 | - | | 4 | | **ÖÇ2** | - | | - | - | | - | - | | - | - | | 2 | - | | 4 | | **ÖÇ3** | - | | - | - | | - | - | | - | - | | 2 | - | | 4 | | **ÖÇ: Öğrenme Çıktıları PÇ: Program Çıktıları** | | | | | | | | | | | | | | | | | **Katkı**  **Düzeyi** | | **1 Çok Düşük** | | | **2 Düşük** | | | **3 Orta** | | | **4 Yüksek** | | | **5 Çok Yüksek** | |   Program Çıktıları ve İlgili Dersin İlişkisi   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Ders** | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | | **Kişisel Gelişim** | - | - | - | - | - | - | - | 2 | - | 4 | |