

## PERSONAL DEVELOPMENT AND ACTIVE LIFE

1	Course Title:	PERSONAL DEVELOPMENT AND ACTIVE LIFE
2	Course Code:	CEV3073
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	1
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Gizem EKER ŞANLI
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	geker@uludag.edu.tr Tel:0-224-2942116 Bursa Uludağ Üniversitesi, Mühendislik Fakültesi, Çevre Mühendisliği Bölümü
17	Website:	
18	Objective of the Course:	It is aimed for our students to learn personal development methods and approaches. Thanks to the knowledge they will acquire on these subjects, it is aimed to enable students to increase their quality of life, to be able to manage time and stress, to take a solution-oriented approach to problems, and to be active individuals in team work. In this way, we will contribute to our students becoming more conscious, happy and successful individuals both in their social lives and in their future professional lives.
19	Contribution of the Course to Professional Development:	The subjects to be covered in the course will help students become more aware of their career performance, improve their career performance, gain self-confidence, discover their potential and become entrepreneurs, both for business life and for academic postgraduate education.
20	Learning Outcomes:	
	1	perceives the importance of personal development for a peaceful life. She/He embarks on a journey to discover his potential
	2	learns techniques for maintaining internal motivation and self-improvement.
	3	learns rapid problem solving techniques in the face of negative events.
	4	gains knowledge and skills on time, stress and team management.
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21	Course Content:	

	Course Content:				
Week	Theoretical		Practice		
1	Individual Shares About Self-Knowledge				
2	Creating Awareness at Conscious and Subconscious Levels				
3	Energy Levels and Characteristics				
4	Discovering Your Potential with Quantum Thought Technique				
5	Resonance Law and Applications				
6	Approach to Increasing Internal Motivation and Being Disciplined				
7	Quick Problem Solving Techniques in the Face of Negative Events				
8	Atomic Habit Acquisition and Maintenance Techniques with Kaizen				
9	Effective Leadership and Teamwork Skills				
10	Time Management and Prioritization				
11	Stress and Anger Management				
12	A Topic Announced at the Beginning of the Term				
13	Homework Presentations				
14	Homework Presentations				
Activites			Number	Duration (hour)	Total Work Load (hour)
Theoretical			3	James Cear, Atomic Habits, Translation: Seyla	28.00
Practicals/Labs			0		0.00
Self study and preperation			1	Publishing, 2019	10.00
Homeworks			1	Pierre-François Beauchamp, Resonance Law, Kerider Publishing	14.00
Projects			6	Reports and documents obtained from the internet.	0.00
Field Studies			0		0.00
Midterm exams			1		18.00
TERM LEARNING ACTIVITIES			NUMBER	WEIGHT	
Others			0		0.00
Midterm Exam			1	20.00	20.00
Final Exams			1	20.00	20.00
Total Work Load					90.00
Homework project 30 hr			1	15.00	3.00
Total work load/ 30 hr					3.00
ECTS Credit of the Course					3.00
Total			3	100.00	
Contribution of Term (Year) Learning Activities to Success Grade			40.00		
Contribution of Final Exam to Success Grade			60.00		
Total			100.00		
Measurement and Evaluation Techniques Used in the Course			Homework - Class Practice - Exam		
24	ECTS / WORK LOAD TABLE				

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	3	4	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	3	3	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low		2 low			3 Medium			4 High			5 Very High				