



# GEN 0104

## Self - Development



Dr.Boonthong Boontawee

# Curriculum and Course Category

- Curriculum: Bachelor of Airline Business
- Category : General Education
- Credit: 3(3-0-6)
- Students: AB 64



# Contact / Get in Touch

- Room Number: 305
- Tel: 081-484-4361
- E-mail: [boonthong.bo@ssru.ac.th](mailto:boonthong.bo@ssru.ac.th)
- Web: [https://elchm.ssru.ac.th/boonthong\\_bo](https://elchm.ssru.ac.th/boonthong_bo)
- Learning Location: Mon. 9 – 12, Room No.



# Course Outline

Basic principles of human behaviors, the insight into oneself and others, the pride of oneself, concept and theories of self-development, process and procedure of self-development, the creation of interpersonal relationship, skills of emotional quotient management, the prevention of risking one's life behavior, and living one's valuable and happy life



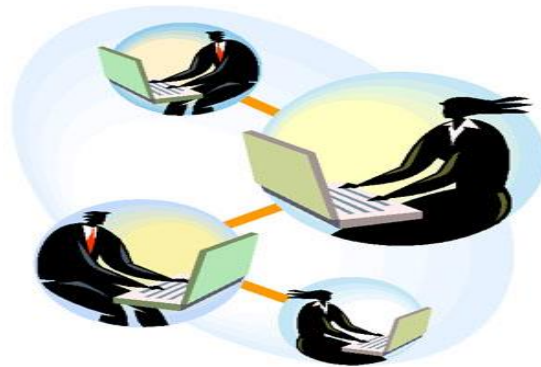
# Course Aims

- 1. Morals and Ethics: Develop acting ethically with high moral standards such as punctuality, honesty, fairness, patient, etc.**
- 2. Knowledge: Develop the ability to present specific facts, concepts, principles, theories, and procedures.**



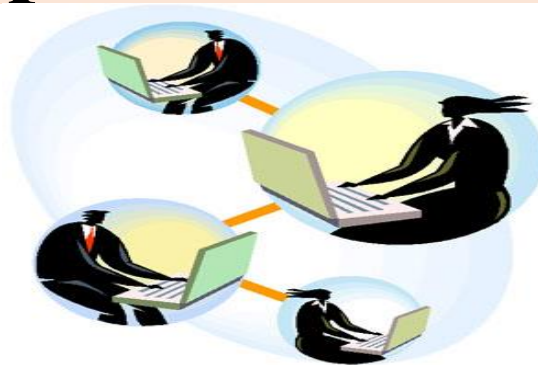
## Course Aims (cont.)

- 3. Cognitive skills: Develop the ability to analyze situations, apply knowledge in critical thinking and creative problem- solving.**
- 4. Interpersonal Skills and Responsibility: Develop team working both as the follower and leader, accept personal and social responsibility, plan for self- development.**



## Course Aims (cont.)

**5. Numerical Analysis, Communication and Information Technology skills: Develop the ability to use basic mathematical and statistical techniques, communicate effectively in oral and written form, and use ICT on practical and real-life experience**



# Course Schedule

**Week 1: Course Specification and Personal Behavior Checklist**

***Chapter 1 Basic Principles of Human Behaviors:***

Physical Growth, Mental Growth, and Social Activities  
Understanding Oneself and Others

***Assignment:*** Check Your Personality and submit screenshot



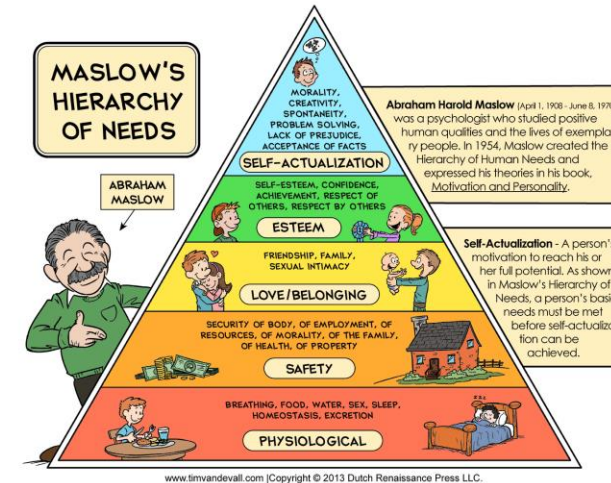
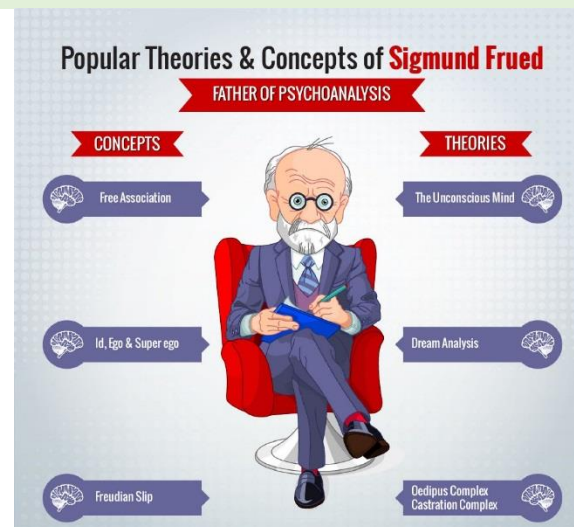


# Course Schedule (Cont.)

## Week 3 :

### *Chapter 2 Concept and Theories of Self-Development*

- \*Sigmund Freud's Perspectives on Personality
- \*Abraham Maslow's Hierarchy of Needs

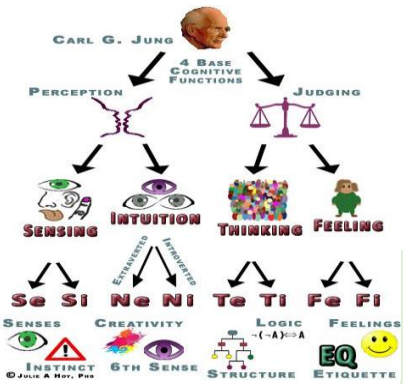


# Course Schedule (Cont.)

## Week 5 :

### *Chapter 3 Uniqueness of the Self*

- \*Carl Jung's Theory
- \*The Big Five Personality Traits
- \*Personality Traits: O.C.E.A.N.



# Course Schedule (Cont.)

**Week 7 :**

## *Chapter 4 Interpersonal Relationship*

- \* Factors Affecting Relationship
- \* Roles of Communication in Relationship
- \* Interpersonal Relationship at Workplace



# Course Schedule (Cont.)

**Week 9 :**

## *Chapter 5 Process and Procedure of Self*

- \*Development - SMART Goals for Self-Development
- \*The Importance of Goal Setting
- \*How to write SMART Goals



# Course Schedule (Cont.)

**Week 11 :**

***Chapter 6 Motivation***

**\*Motivation: Needs, Drives, and Incentives**

**\*Importance of Motivation**

**\*Motivation in Workplace**



# Course Schedule (Cont.)

**Week 13 :**

***Chapter 7 Emotion***

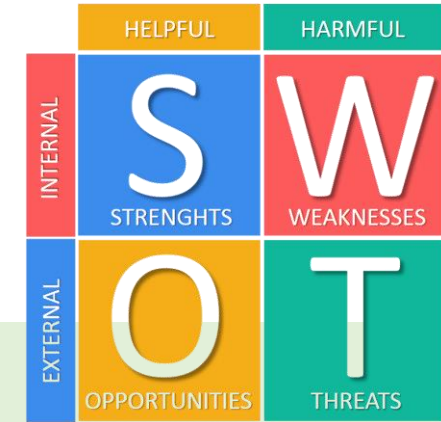
**\*Model of Emotion**

**\*Skills of Emotional Quotient Management**

**\*Growth Mindset**



# Course Schedule (Cont.)



**Week 15 :**

## *Chapter 8 Risk Management Strategies*

**\*Personal SWOT Analysis: Risk and Protective factors**

**\*Action Plan for Personal Development: Physical, mental, social, spiritual, emotional and physical**

# Course Schedule (Cont.)

**Week 16 : Make-up class**

**Week 17 ; Final Examination**





# Assessment

## 1 Attendance

- Students' behavior in class/online
- Students' participation in class and online

## 2. Assignments / Quizzes

## 3. Class activities / Final Project

## 4. Final examination



# Learning Assessment Plan

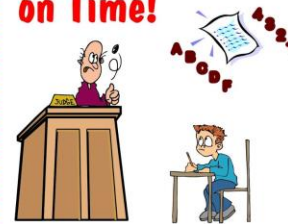
Attendance Participation / Quizzes	40 points
Final Project: Personal Development	30 points
Final Examination	30 points
<b>Total</b>	<b>100 point</b>

## Assessment & Evaluation

Check & Coach  
to Excellence!



Check & Grade  
on Time!



PEAK  
LEARNING SYSTEMS

# Grading Criteria

Student's Score	Letter Grade	Converted Value
86 - 100	A	4
82 - 85	A-	3.75
78 - 81	B+	3.50
74 - 77	B	3.00
70 - 73	B-	2.75
66 - 69	C+	2.50
62 - 65	C	2.00
58 - 61	C-	1.75
54 - 57	D+	1.50
50 - 53	D	1.00
46 - 49	D-	0.75
0 - 45	F	0
	I	(Incomplete)
	W	(Withdrawal with Permission)

# Submit every assignment and take every test and exam.

In case of getting I, contact your course lecturer  
as soon as possible

Student's score (%)	Grade	Result
-	I	Incomplete
-	W	Withdraw



# Late & absence regulation (Cont.)

- Have sick absence but with medical certificate or other evidences.
- Have personal absence but with permission letter in advance



# 10-15 minutes before finishing class

Find online materials for use to practice TOEIC or English skills.

Share interesting applications to develop your skills in everyday life and your work in the future.

Make a random every week to present your own material and share on our class online platform.



# Activity

- Complete the Personal Development Checklist for Pre-assessment in Week 1 which was sent to e-Mail [boonthong.bo@ssru.ac.th](mailto:boonthong.bo@ssru.ac.th) or was uploaded on [ww.elchm.ssru.ac.th/boonthong\\_bo](http://ww.elchm.ssru.ac.th/boonthong_bo)



# Break time

- After Break time

## Basic Principles of Human Behaviors\_Part 1 Physical Growth by Assoc.Prof.Chaweewan Kaewsaiha





# Pre-assessment week 1

## Physical Health Agreement Checklists

**Direction:** The following lists highlight key topics to consider promoting physical health in teens and adolescences.

Please select level of agreement depending upon your opinion.

Strongly Disagree (1), Disagree (2), Undecided (3), Agree (4), Strongly Agree (5)

Lists	Level of Agreement				
	1	2	3	4	5
1. Traits, abilities, and capacities that are inherited from one's parents refer as the nature.					
2. Physical development involves development of body structures and the need for good nutrition, immunization, and proper ventilation.					

Good Luck

