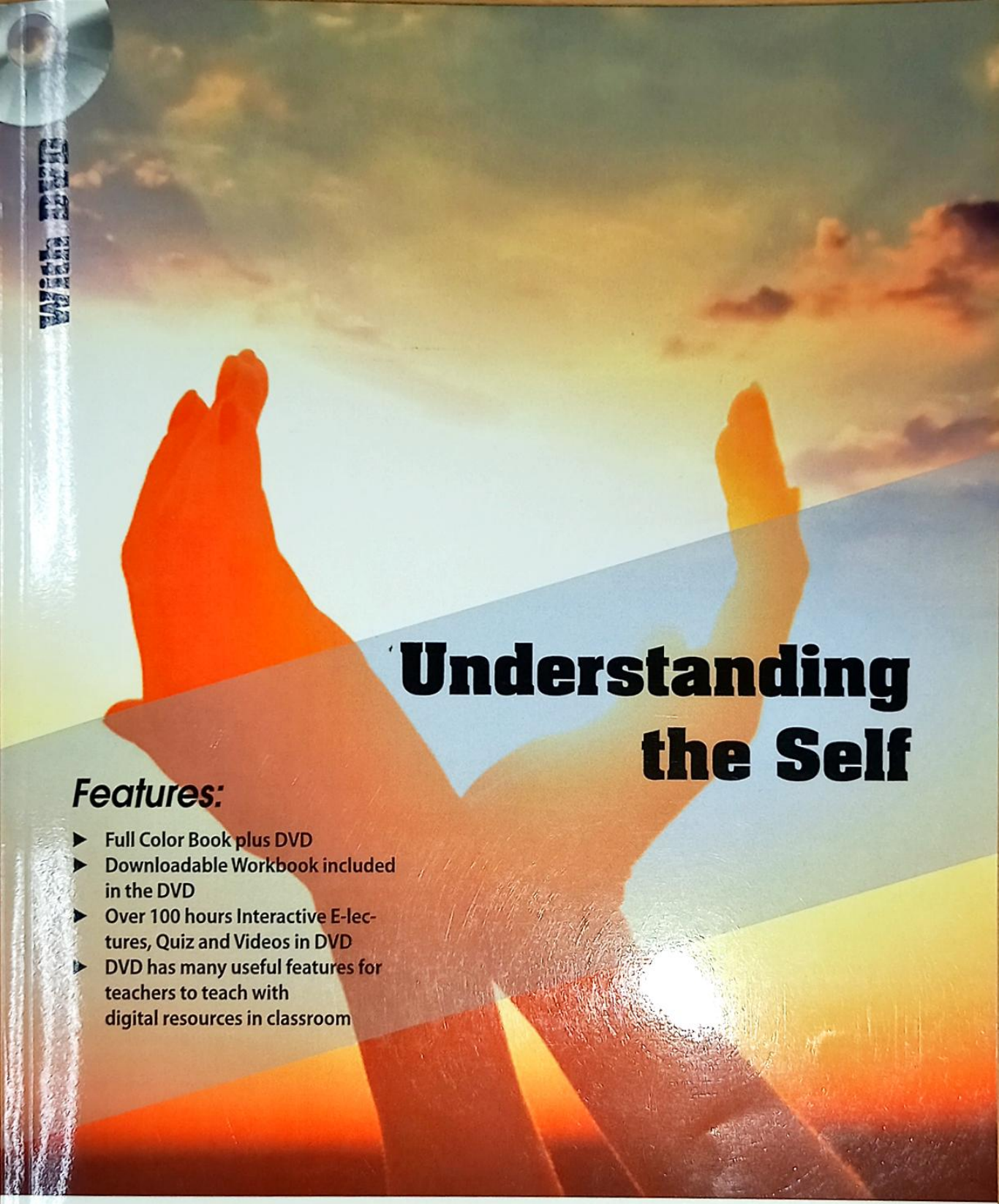

Understanding the Self

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Level: Beginner to Advanced
Subject: Senior High/General Education

Understanding the Self

Personal growth is the ongoing process of understanding and developing yourself in order to achieve your fullest potential. Personal development is a vital part in a person's growth, maturity, success and happiness. It is the foundation of emotional, physical, intellectual and spiritual health. Personal development in individuals is a continuous learning process that helps in personal life, professional career development and also inters personal relationship development. However, this is an area that needs conscious investment of time, effort and practice to continually learn and develop. And student life is a perfect point to get started on this direction. As we progress in life, our circumstances and environment keeps changing and as an individual we keep getting into different roles such as a friend, spouse, parent, leader etc. This course aims to excel in the role they are given and prepare to adapt, face and handle different situations with utmost style and sincerity.

Adolescence is a developmental stage commonly thought to be a time of physical, emotional, and psychological vulnerability. Foremost among the concerns of this life stage are issues of self and identity. This course is intended to enable the process of exploration and thereby help students arrive at an understanding of the concepts of personality, self and identity. Two major objectives are thus envisioned: the introduction of major theories of personality – its nature, development and dynamics as well as those forces and factors that lead to the formation of a self and identity; and the provision of experiential learning so as to ground these theories and perspectives in students' concerns and issues relating to their personal self and identity. The content coverage is in five units under three sections.

The Book comes with a companion DVD for rich learning experience, which includes:

1. E-Book with further reading and learning links.
2. Interactive E-lecture of each chapter. E-lectures are expressive, informational, entertaining and persuasive, it uses the tool of self-exploration, which makes it easy to learn and understand each topic in detail. It is very informative as concrete details are provided and also entertaining, as graphics and other visuals are provided to make the learning process more interactive.
3. Video Lecture of each chapter, which explains each topic in detail with examples, animations, images and text and makes it easy to understand the topics in easier, simpler and better way.
4. Huge Database of Interactive Assessments for each chapter, which is also printable.
5. Further reading and learning links for each topic.
6. Glossary and Notes for each chapter to understand each chapter with to the point information.
7. The DVD also includes a printable workbook, which walks through with a various sets of questions and choices and assists in completing the curriculum. The workbook covers; Learning Objectives, Essential Concepts, Matching Definitions, Study Problem, Questions, Fill in the Blanks and Answers.
8. Review Questions for each chapter are also given in the DVD, which are also printable.

The DVD is also a useful tool for teachers to teach with digital resources in classroom and do a great job of illustrating skills and techniques that are otherwise difficult to explain.

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