

COURSE CATALOGUE

Unit course: Self Development			
Speciality: Business Administration			
Course code: S.02.O.11.11	Number of credits: 5	Semester: II	Length: 150 hours
Type of activities: Course: 26 Seminar: 14 Laboratory: -	Number of hours		Number of students:
	Direct Contact	Indirect Contact / Individual study	
	40	110	
Prerequisites:			
<ul style="list-style-type: none"> • Management; • Human Recourses Management. 			
Corse outcomes:			
Developing personal skills and helping to achieve personal and professional goals: <ul style="list-style-type: none"> • Self-knowledge in the context of interpersonal relationships; • Applying creativity techniques; • Identification of emotions and their management; • Time management and setting personal and / or professional goals; • Develop PDP; • Involvement in your personal training and development process. 			
Contents (descriptive):			
Introduction to personal development; Personal development and self-knowledge; Developing creativity; Emotional intelligence; Time management; Methods of planning in Self-management. Prioritization; Personal development plan; Methods of realizing the plan; Efficiency of work organization; Self-confidence and personal branding.			
Teaching and learning methods:			
University lecture; interactive teaching; debate. Multimedia presentations. Collaborative work through e-platform.			
Assessment methods:			
Evaluation of master students involvement and participation in team work, evaluation of presentations and communications, PDP own developed and delivered electronically.			
Conditions for obtaining credits:			
<ul style="list-style-type: none"> • Minimum attendance of 70% for course and seminar activities. • Elaborating the task for the seminar and Developing and presenting a PDP in term. • Get the minimum mark of 5. 			
Course Coordinator: Solcan Angela, professor			
Course Holder: -			
Language of instruction: Romanian, English language			
Other Information:			