

Course Description

MEDD8836 Personal Growth of Teachers and Guidance Personnel

Course description
<p>This course will provide an overview of major theories, concepts and principles in education and psychology that can be applied to the personal growth and development of teachers and guidance personnel. Different issues related to positive self and identity development, childhood and family relationships, emotional competence, body and wellness as well as the meaning in life will be examined. The course will provide opportunities for students to develop a deeper understanding of their lives and goals, particularly in the context of becoming effective teachers and guidance professionals. The course is relevant to all teachers and guidance personnel who wish to enhance their counselling competencies. Participants are expected to engage actively in experiential learning activities and personal reflections.</p>
Course objectives
<p>This course aims:</p> <ul style="list-style-type: none">• to provide students with knowledge of key issues in the realms of positive personal growth and development;• to facilitate students' reflection and pursuit of personal growth at a personal and professional level;• to integrate students' personal beliefs/values, goals and lifestyle with professional practice as a teacher and/or guidance professional.
Course assessment methods
<ul style="list-style-type: none">• Class participation• Learning Journal• Term Paper
Course content and topics
<ul style="list-style-type: none">• Course introduction and positive self-development• Emotional competence of counsellors• Family constellation and early recollections• Gender roles, love and relationships• Work, leisure and work-life balance• Managing stress• Your body and wellness• Meaning of life and pathways to personal growth
Required / recommended readings and online materials

Main Text

Corey, G., Corey, M. S., & Muratori, M. (2017). *I never knew I had a choice: explorations in personal growth* (11th ed.). CA: Cengage Learning, Inc.

Academic Text

Berg, R. C., Landreth, G. L., & Fall, K. A. (2018). *Group counseling: concepts and procedures*. New York: Routledge.

Corey, G. (2022). *Theory and practice of group counseling* (10th ed.). Belmont, CA: Brooks/Cole, Cengage Learning.

Corey, G., Corey, M. S. & Corey, C. (2020). *Issues and ethics in the helping professions*. CA: Cengage Learning, Inc.

Corey, M. S., & Corey, G. (2020). *Becoming a helper* (8th ed.). Belmont, CA: Brooks/Cole, Cengage Learning.

Glasser, W. (2007). *Choice theory: a new psychology of personal freedom*. New York: HarperCollins Publishers.

James, M., & Jongeward, D. (1990). *Born to win: transactional analysis with Gestalt experiments*. Hawthorn: Penguin Random House Australia.

Niles, S. G., Amundson, N. E., & Neault, R. A. (2011). *Career flow: a hope-centered approach to career development*. Boston: Pearson Education, Inc.

Other additional course information

Nil