

## Course Description

### MEDD8836 Personal Growth of Teachers and Guidance Personnel

<b>Course description</b>			
<p>The course provides an overview of major theories, concepts and principles in education, psychology and counselling that can be applied to the personal growth and development of teachers and guidance/counselling professionals. Different issues related to self-identity, emotional competence, well-being, and adjustment will be examined. Through self-exploration exercises and class discussions, students will be provided with the opportunities to critically reflect on “the teacher/counsellor as a person” and “the teacher/counsellor as a professional”.</p> <p><b>Coursework / Examination ratio: <u>  100  </u> % Coursework, <u>  0  </u> % Examination</b></p>			
<b>Course objectives</b>			
<p>This course aims:</p> <ul style="list-style-type: none"> <li>• to provide students with knowledge of key issues in the realms of positive personal growth and development;</li> <li>• to facilitate students’ reflection and pursuit of personal growth at a personal and professional level;</li> <li>• to integrate students’ personal beliefs/values, goals and lifestyle with professional practice as a teacher and/or guidance professional.</li> </ul>			
<b>Course assessment methods</b>			
Assessment method	Type of assessment (e.g. description of assignment)	Weighting (%)	Aligned course learning outcome(s)
Class Participation	Individual	20	
Learning Journal	Individual	30	
Term Paper	Individual	50	
<b>Course content and topics</b>			
<p>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</p>			
<b>Required / recommended readings and online materials</b>			

**Main Text**

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

**Academic Texts:**

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* (10<sup>th</sup> 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* (8<sup>th</sup> 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.

Rogers, C. (2020). *Client-centered therapy: its current practice, implications and theory* (70<sup>th</sup> anniversary edition). London: Constable & Company Ltd.

**Books Recommended for Self-Reflection and Personal Growth**

Albom, M. (2018). *The five people you meet in heaven*. New York: Hachette Books.

Albom, M. (2017). *Tuesdays with Morrie: An old man, a young man, and life's greatest lesson*. London: Little Brown Book Group.

Coelho, P. (2020). *The alchemist*. San Francisco: HarperSanFrancisco.

Cotton, F. (2019). *Calm*. London: Orion Publishing Group Ltd.

Covey, S. R. (2020). *The 7 habits of highly effective people*. (30<sup>th</sup> anniversary edition). London: Simon & Schuster.

Duckworth, A. (2017). *Grit: why passion and resilience are the secrets to success*. London: Vermilion.

Dweck, C. S. (2017). (updated ed.). *Mindset: The new psychology of success*. London: Little Brown Book Group.

Frankl, V. (2015). *Man's search for meaning*. London: Ebury Publishing.

Gottlieb, D. (2010). *Letters to Sam: A grandfather's lessons on love, loss, and the gifts of life*. Sterling: New York/London.

Gottlieb, D. (2011). *Learning from the heart: Lessons on living, loving, and listening*. Sterling: New York/London.

Kalanithi, P. (2016). *When breath becomes air*. London: Vintage.

Levine, P. A. (2017). *Waking the tiger: healing trauma*. California: North Atlantic Books.

Morin, A. (2019). *13 things mentally strong people don't do*. New York: HarperCollins Publishers.

Neff, K., & Germer, C. (2018). *The mindful self-compassion workbook: a proven way to accept yourself, build inner strength, and thrive*. New York: Guilford Press.

Nichols, M. H. (2021). *How far you have come*. Michigan: Novkoa, LLC.

Peck, M. S. (2008). *The road less travelled: The classic work on relationships, spiritual growth and life's meaning*. London: Rider.

Pelzer, D. J. (2013). *A man named Dave: A story of triumph and forgiveness*. London: Orion Publishing Co.

Rogers, C. R. (1995). *A way of being*. Boston: Cengage Learning Inc.

Rogers, C. R. (1995). *On becoming a person: A therapist's view of psychotherapy*. Boston: Houghton Mifflin.

Seligman, M. E. P. (2017). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. London: John Murray Press.

Thich Nhat Hanh. (2008). *The miracle of mindfulness: The classic Guide*. Great Britain: Rider.

Twenge, J. M., & Campbell, W. K. (2010). *The narcissism epidemic: Living in the age of entitlement*. New York: Simon and Schuster.

Winfrey, O. (2014). *What I know for sure*. London: Macmillan.

Yalom, I. D. (2011). *Love's executioner and other tales of psychotherapy*. New York: HarperCollins Publishers Inc.

Yalom, I. D. (2017). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York: HarperCollins Publishers Inc.

**Other additional course information**

Nil