

Akashi College		Year	2019	Course Title	Personal Development
Course Information					
Course Code	0021		Course Category	特別活動 / Compulsory	
Class Format	特別活動		Credits	特別活動: 0	
Department	Architecture		Student Grade	1st	
Term	Second Semester		Classes per Week	0	
Textbook and/or Teaching Materials	No text book, hands out.				
Instructor	HONBO Saori				
Course Objectives					
1. To acquire basic knowledge about psychology in the students own developmental stage. 2. Allow the students to understand their feelings, cognitive / thinking tendencies, interests and values, and at the same time, understand other students too. 3. To understand the uniqueness of themselves and the others. 4. To acquire a multifaceted understanding of events that occur around the students. 5. To understand how to deal with stress and negative emotions. 6. To understand how to build good interpersonal relationships, how to communicate and listen. 7. To accept diversity and deny prejudice or discrimination.					
Rubric					
	Excellent		Good		Insufficient
Achievement 1	The student can well understand the basic knowledge about psychology in their developmental stage.		The student can understand the basic knowledge about psychology in their developmental stage.		The student can not understand the basic knowledge about psychology in their developmental stage.
Achievement 2	The student can well understand their feelings, cognitive / thinking tendencies, interests and values, and at the same time, understand other students too.		The student can understand their feelings, cognitive / thinking tendencies, interests and values, and at the same time, understand other students too.		The student can not understand their feelings, cognitive / thinking tendencies, interests and values, and at the same time, understand other students too.
Achievement 3	The student can well understand the uniqueness of themselves and the others.		The student can understand the uniqueness of themselves and the others.		The student can not understand the uniqueness of themselves and the others.
Achievement 4	The student has an excellent multifaceted understanding of events that occur around the students.		The student has a multifaceted understanding of events that occur around the students.		The student doesn't have a multifaceted understanding of events that occur around the students.
Achievement 5	The student can well understand how to deal with stress and negative emotions.		The student can understand how to deal with stress and negative emotions.		The student can not understand how to deal with stress and negative emotions.
Achievement 6	The student can well understand how to build good interpersonal relationships, how to communicate and listen.		The student can understand how to build good interpersonal relationships, how to communicate and listen.		The student can not understand how to build good interpersonal relationships, how to communicate and listen.
Achievement 7	The student can well accept diversity and deny prejudice or discrimination.		The student can accept diversity and deny prejudice or discrimination.		The student can not accept diversity and deny prejudice or discrimination.
Assigned Department Objectives					
Teaching Method					
Outline	Through collaborating learning (individual and group), the students will deepen their self-understanding and their understanding of others. They will develop communication skills, learn about stress management, and how to control stress. Also, they will practice self-expression through creative activities.				
Style	The course is conducted through collaborating and experiential learning (individual and group).				
Notice	Each class theme or its the order of handling may be changed as appropriate, based on the students' efforts and understanding. Necessary items and clothes will be informed as required. If there is less than 2/3 attendance, the absence will be treated as absence of special activity events.				
Course Plan					
			Theme	Goals	
2nd Semester	3rd Quarter	1st	Guidance and stress management (sleep)	Understand the content to learn in the semester. Discover new faces of the classmates. The students will check their sleep habits and get tips for good sleep.	
		2nd	Stress management (stress mechanism and coping / self-relaxation)	Awareness of stress mechanisms, stress signs and patterns of coping, and other stress coping methods not practised yet. Experience self-relaxation (breathing, muscle relaxation, stretching) and feel the effects.	
		3rd	Self-understanding (collage)	Using collage creation and sharing with others, the students will become aware of themselves and their uniqueness.	
		4th	Self-understanding and communication (team power and leadership) / stress management (control of feelings)	Observe the behaviour of other people during problem-solving activities and think about the leadership necessary to increase their power as a team. To understand one-sided leadership and learn that people can demonstrate leadership in various ways. Know the mechanism of feelings (anger) and how to deal with it.	

		5th	Self-understanding/ other understanding and communication	Four classes joint lecture "Build an equal relationship" about Date Domestic Violence and preventive measures. Acquire knowledge on how to build a balanced relationship with the people around.
		6th	Self-understanding/ other understanding (reframing), summary and reflections	Think about your weaknesses and strengths. Practice brainstorming and reframing, learn about the one-sided view, and multi-faceted views. Retrospective of the six lessons content.
		7th		
		8th		
	4th Quarter	9th		
		10th		
		11th		
		12th		
		13th		
		14th		
		15th		
		16th		

Evaluation Method and Weight (%)

	Examination	Presentation	Mutual Evaluations between students	Behavior	Portfolio	Other	Total
Subtotal	0	0	0	0	0	100	100
Basic Proficiency	0	0	0	0	0	30	30
Specialized Proficiency	0	0	0	0	0	0	0
Cross Area Proficiency	0	0	0	0	0	70	70