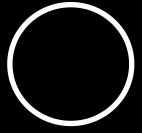


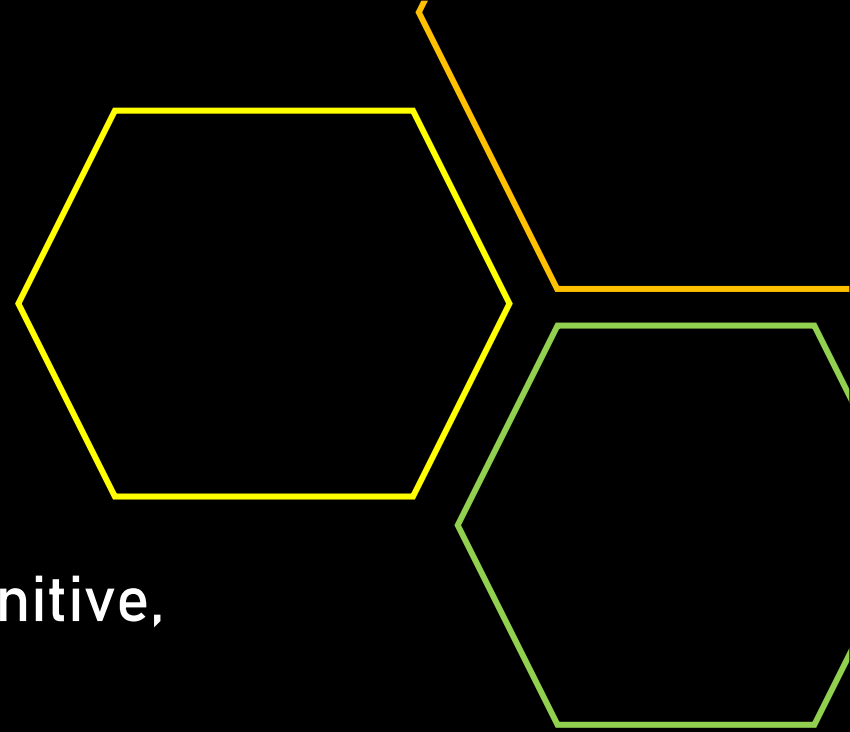
Chapter 2: Developing the Whole Person





OBJECTIVES

- ☐ Discuss the relationship among physiological, cognitive, psychological, spiritual, and social development to understand his/her thoughts, feelings, and behaviors
- ☐ Evaluate his/her own thoughts, feelings, and behaviors
- ☐ Show the connections between thoughts, feelings, and behaviors in actual life situations



holistic development

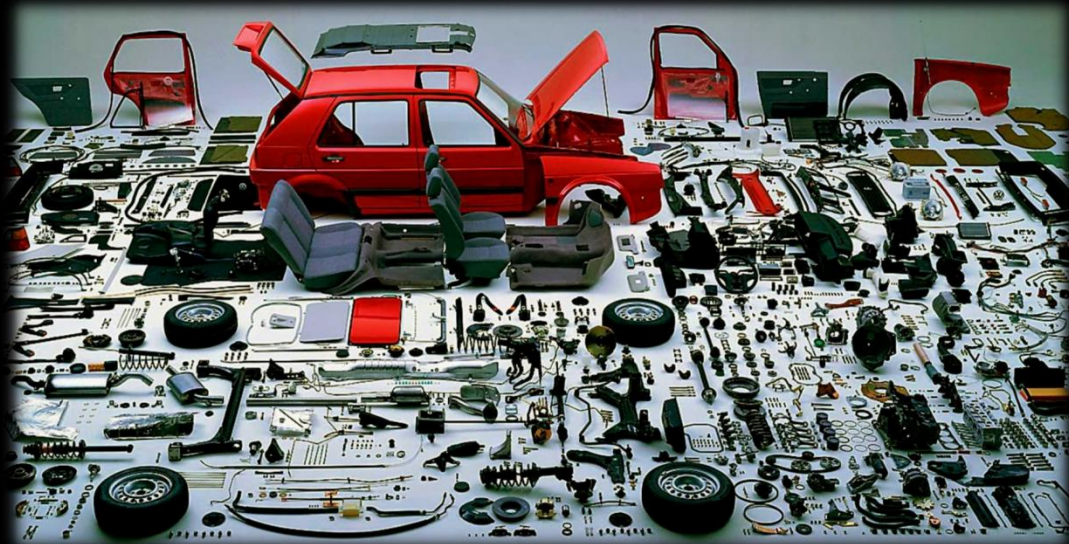
It refers to the *whole person*, the complete aspects of a person or his totality.



The concept of *Gestalt* ("unified whole")

introduced by Max Wertheimer, Kurt Koffka & Wolfgang Kohler

"The whole is greater than the sum of its parts."



ASPECTS *of the* SELF



physiological

physical attributes
including the five physical
senses

cognitive

intellectual functions of the
mind (e.g. thinking, recognizing,
reasoning, analyzing etc.)

psychological

how thinking, feeling,
and behaving
interact and happen
in a person

social

the manner by which
an individual
interacts with other
individuals or groups
of individuals

spiritual

the attribute of a
person's beliefs, values,
and virtues that guide
and put meaning to a
person's life

sensation, health, growth,
motor skills

intelligence, recognition,
language, memory,
attention, reasoning

self

attitudes, behavior,
feelings/emotions,

values, beliefs,
religious views

quality of interactions
with others

