

Learning Guide Unit 7

Overview

Unit 7: Managing Change, part 1

Topics:

- [SWOT analysis](#) for personal development and [Action Planning](#)
 - SMART objectives and SMART planning
 - [Emotional contagion](#)
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Learning Objectives:

By the end of this Unit, you will be able to:

1. Analyze own strengths and weaknesses.
 2. Help your peers analyze theirs.
 3. Explore Opportunities and beware of threats in considering action plans.
 4. Apply feedback skills to help your peers develop a SMART plan to change.
 5. Chart a personal SWOT analysis and examine the results
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Tasks:

- Read the Learning Guide and Reading Assignments
- Participate in the Discussion Assignment (post, comment, and rate in the [Discussion Forum](#))
- Complete and submit the Written Assignment
- Take the Self-Quiz

