

Personal Development

Introduction to Personal Development

A brief introduction about the subject. Particularly it's goal and methods.

Emotional Intelligence

I learned that character is more valuable than our intellect

Knowing Oneself

I learned that you would only find what you're looking for, if you first find who you are.

Developing the Whole Person

I learned that there is a process in achieving the best in you.

Development Stages in Middle & Late Adolescence

I learned more information about the change that I am experiencing as a teenager.

The Challenges of Middle & Late Adolescence

When I was young, I thought that everything will be better once I grow up, that it would be always fun and exciting, but I realized that it's not.

Coping with Stress in Middle Adolescence

Now, I found some ways to just relax and enjoy my youth.

Career Pathways

At last, after so many years, we finally had a topic for what our future would be like, it made me nostalgic about the present, because I know that it would only be a memory to my future.

The Power of the Mind

I had a thought, Do we control our mind? Or are we being controlled by it?

Personal Relationships

I understood the value of my relationship towards my loved ones.

Social Relationships in Middle & Late Adolescence

I learned that our social status affects a great deal to our behavior.

Understanding Conflict

I learned that whatever you are experiencing, always keep your cool and strive to solve the problem.

Family Structures & Legacies

I had a funny feeling, like I'm like a character in a novel, repeating and mimicking the actions of someone I'm not.

Mental Health and Well-being in Middle & Late Adolescence

I understood the reasons why people at my age experience great depression and others try to take their lives

Person's and Concerns

I realized that everyone is unique at their own way.

Insight into One's Personal Development

Now, I know that everyone is changing, nothing in this world is constant, except change. I know that I will be a very different person in the future, but I know that I would change for the better.

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