Personal Development (Course Outline)
Fahd Raza

Iqra University
Islamabad Campus, Pakistan

DESCRIPTION: -
This course covers basic introduction of personality. Also include the theories of personality development, the stages of development theories, key researchers in personality psychology, and the main influences on personality development.
This course is especially helpful for those who are striving to learn more about who they are, which direction their life should take, to learn more about others around them, or even if they work in human resources and want to learn more about personalities and how it may impact who they hire.

LEARNING OBJECTIVES: -

- In-depth knowledge about personalities.
- A better understanding about those around you and also more about who you are and how you got to be that way.
- Knowledge about why you or someone you know behaves a particular way.
- Knowledge of process of personality develops and how that information can be useful
- Knowledge about the basic personality traits, including values, beliefs, and nature versus nurture
- Knowledge about personality disorders
- Skills of applying all the knowledge to use for personal and career advantage

COMPULSORY DRESS CODE:

Women:
Business Formal – Western wear:
Blazer with trousers and a blouse/dress shirt. Closed toe shoes, pinned back hair and minimal jewellery (no sound from jewellery when you move).

Business Formal – Eastern wear:
Solid, neutral colored Qameez and shalwar/trousers, crisply ironed. Closed toe shoes, pinned back hair and minimal jewellery.

Men:
Crisply ironed dress shirt of solid color **with a tie. Wearing a tie is compulsory.** Crisply ironed dress pants (NOT smart casual pants). Dress shoes (must have laces). Belt color must match the socks and shoes (preferably black, but not compulsory). If you have long hair, pin or tie them back for a professional look. Watch (doesn't have to be expensive, any will do). Beard (if you keep one) well

maintained.

0.25 marks will be deducted from Class Participation every class the above is not followed to the letter.
COURSE OUTLINE: -
I.   Introduction to Personality Development
        a. What is personality?
        b. Why does it matter?
        c. We are all unique.

II.   The Developing Personality
        a. How do personalities develop?
        b. Multiple theories in psychology.
        c. Three main influences cited:
                        i.   Heredity, ii. Environment, iii.   Situations

III.   Stages of Development
        a. Freudian stages of development
        b. Erik Erickson's stages of development

IV.   Need' a little personality?
        a. How needs impact personality
        b. Maslow's hierarchy of needs

V.   Basic Personality Traits
        a. Values
        b. Beliefs
        c. Interactions
        d. Experiences
        e. Environmental influences
        f. The big five dimensions

VI.   Moral Development
        a. As related to personality
        b. Kohlberg's stages

VII.   What's your personality type?
        a. What are the basic personality types?
        b. Quiz to determine personality type
        c. Learning about yourself through type

VIII.   Hearing Jung Out
        a. Who was Carl Jung?
        b. His contribution to personality development theory

IX.   Personality and Career Choice
        a. Matching your career and personality
        b. Why it matters
        c. Self-efficacy

X.   Changing Your Personality
    a. Can personalities change?
    b. Being yourself, being adaptable
    c. Positive attitude
    d. Individuality
    e. Controlling emotions

XI.   Personality Disorders
    a. What they are and why understanding them matters
       i. Paranoid, schizoid, antisocial, borderline, narcissistic, avoidant, dependent, obsessive
       ii. Symptoms
       iii. Causes
       iv. Treatments

XII.   Do opposites really attract?
    a. Getting like personalities together, as well as opposites
    b. What can happen
    c. Multiple personalities on the same team

XIII. Personal Growth
    a. Ways you can try to improve
    b. Helpful tools and exercises
    c. Benefits of keeping a journal
    d. Setting goals, focusing on positives

XIV.   Working on Personality Changes
    a. Focusing on attitude
    b. Staying motivated
    c. Increasing confidence
    d. Watching body language
    e. Handling other people

XV.   Putting it all together
    a. Knowing your own personality strengths and weaknesses
    b. Being able to identify other people's personality traits
    c. Using that in your home, career and relationships

Marks Distribution: -
- Assignments   10%
- Quizzes   10%
- Dressing   05%
- Project   10%
- Midterm   25%
- Final   40%