GenEd Courses

Course title: GE 1 Understanding the Self

Learning objectives:

- Understand the concept of self and its importance in personal growth
- Identify the different components of the self and their functions
- Develop a deeper understanding of one's own self and how it relates to others
- Recognize the impact of external factors on the formation of the self
- Apply strategies for self-reflection and self-improvement

Introduction:

Welcome to GE-1 Understanding the Self! This course is designed to help you gain a better understanding of yourself and the different factors that shape your identity. By exploring the different components of the self and how they relate to one another, you will be able to gain insight into your own strengths and weaknesses, and develop strategies for personal growth.

Discussion:

The self is a complex and multifaceted concept that has been studied by philosophers, psychologists, and sociologists for centuries. At its core, the self refers to the individual's sense of identity, which is shaped by a variety of internal and external factors. These factors include biological, psychological, and social influences, as well as individual experiences and cultural norms.

One way to understand the self is to break it down into its different components. These components include the physical self, the emotional self, the social self, and the cognitive self. The physical self refers to one's physical characteristics, such as height, weight, and appearance. The emotional self refers to one's feelings and emotions, while the social self refers to one's identity in relation to others, such as family, friends, and social groups. Finally, the cognitive self refers to one's thoughts, beliefs, and values.

While these different components of the self are distinct, they are also interconnected and influence one another. For example, the way we perceive our physical self can impact our emotional well-being, while our social identity can shape our cognitive beliefs and values.

In addition to these internal factors, the self is also shaped by external influences, such as cultural norms, societal expectations, and life experiences. These external factors can have a powerful impact on how we see ourselves and our place in the world.

To better understand the self, it is important to engage in self-reflection and selfexploration. This can involve activities such as journaling, meditation, or talking with a trusted friend or mentor. By taking the time to reflect on our own experiences and beliefs, we can gain insight into our own strengths and weaknesses and develop strategies for personal growth.

Conclusion:

In conclusion, understanding the self is a crucial component of personal growth and development. By exploring the different components of the self and the external factors that shape our identity, we can gain insight into our own strengths and weaknesses and develop strategies for personal growth. So take the time to reflect on your own experiences and beliefs, and don't be afraid to seek out support and guidance along the way. With dedication and effort, you can develop a deeper understanding of yourself and achieve your personal goals.

Course title: GE 2 Readings in Philippine History

Learning objectives:

- Understand the major events, figures, and movements that shaped Philippine history
- Analyze the social, economic, and political forces that influenced Philippine history
- Develop critical thinking skills and apply historical knowledge to contemporary issues
- Appreciate the cultural diversity and resilience of the Philippine people

Introduction:

Welcome to GE-2 Readings in Philippine History! This course will take you on a journey through the rich and complex history of the Philippines. From the precolonial period to the present day, we will explore the major events, figures, and movements that have shaped the country's development. By analyzing the social, economic, and political forces that have influenced Philippine history, we will gain a deeper understanding of the challenges and triumphs of the Filipino people.

Discussion:

The Philippines has a long and diverse history that reflects the country's unique geography and cultural heritage. Prior to the arrival of Spanish colonizers in the 16th century, the Philippines was home to a variety of indigenous societies, each with its own distinct language, culture, and political organization. The arrival of the Spanish brought significant changes to the Philippines, including the introduction of Christianity, the establishment of a centralized government, and the forced labor of indigenous peoples.

The 19th and early 20th centuries were marked by a growing sense of Filipino nationalism, as well as the struggle for independence from colonial rule. The

Philippine Revolution of 1896, led by figures such as Andres Bonifacio and Emilio Aguinaldo, challenged Spanish control and paved the way for the establishment of a democratic republic. However, the United States intervened in the conflict and established colonial rule over the Philippines until 1946.

The post-colonial period was marked by a variety of challenges, including political instability, economic inequality, and the struggle for social justice. The dictatorship of Ferdinand Marcos from 1965 to 1986 was characterized by widespread corruption, human rights abuses, and martial law. However, the People Power Revolution of 1986, led by figures such as Corazon Aquino,

marked a turning point in Philippine history and paved the way for democratic reforms.

Today, the Philippines faces a variety of challenges, including poverty, environmental degradation, and political corruption. However, the resilience and diversity of the Filipino people continue to inspire hope for a brighter future.

Conclusion:

In conclusion, GE-2 Readings in Philippine History provides a comprehensive overview of the major events, figures, and movements that have shaped the development of the Philippines. By analyzing the social, economic, and political forces that have influenced Philippine history, we can gain a deeper understanding of the challenges and triumphs of the Filipino people. We also have the opportunity to develop critical thinking skills and apply historical knowledge to contemporary issues facing the country today. By appreciating the cultural diversity and resilience of the Philippine people, we can gain a greater appreciation for the rich and complex history of this fascinating country.

Course title: GE-3 The Contemporary World

Learning objectives:

- Analyze the key developments and trends that shape the contemporary world
- Understand the social, political, economic, and cultural forces that shape contemporary societies
- Develop critical thinking skills and apply knowledge to real-world issues
- Appreciate the diversity and complexity of the contemporary world

Introduction:

Welcome to GE-3 The Contemporary World. This course will explore the major developments and trends that shape the world today. We will analyze the social, political, economic, and cultural forces that have shaped contemporary societies, and gain a deeper understanding of the challenges and opportunities of the modern world. Through critical thinking and analysis, we will develop skills to navigate and participate in the complex and interconnected global society.

Discussion:

The contemporary world is characterized by rapid technological advancement, globalization, and the increasing interconnectedness of societies across the globe. The internet and social media have transformed the way we communicate, access information, and participate in public discourse. Globalization has enabled the flow of goods, capital, and people across borders, leading to increased economic and cultural exchange but also generating challenges such as income inequality and cultural conflicts.

The contemporary world also faces challenges such as climate change, political instability, and social inequality. These challenges have sparked social and political movements advocating for change, such as the Black Lives Matter movement and the youth climate strikes. Technological advancements, such as renewable energy and AI, are also changing the way we live and work, but they also raise ethical questions and concerns about the impact on the labor force.

Understanding the complexity and diversity of the contemporary world requires an interdisciplinary approach, drawing from fields such as sociology, economics, political science, and cultural studies. Through case studies and real-world examples, we can apply our critical thinking skills and analyze the issues facing the world today.

Conclusion:

In conclusion, GE-3 The Contemporary World provides a comprehensive overview of the major developments and trends that shape the world today. By analyzing the social, political, economic, and cultural forces that have shaped contemporary societies, we can gain a deeper understanding of the challenges and opportunities of the modern world. We also have the opportunity to develop critical thinking skills and apply knowledge to real-world issues, preparing us to navigate and participate in the complex and interconnected global society. Through appreciating the diversity and complexity of the contemporary world, we can become responsible and informed global citizens.

Course title: GE-4 Mathematics in the Modern World

Learning objectives:

- Develop an understanding of the role of mathematics in modern society
- Apply mathematical concepts and techniques to solve real-world problems
- Develop critical thinking skills through mathematical reasoning and analysis
- Appreciate the beauty and elegance of mathematics as a field of study

Introduction:

Welcome to GE-4 Mathematics in the Modern World. This course will explore the role of mathematics in modern society and how it is applied to solve real-world problems. Mathematics is an essential tool in fields such as science, engineering, finance, and technology, but it also has applications in areas such as art, music, and philosophy. Through this course, we will explore the beauty and elegance of mathematics as a field of study, and develop critical thinking skills through mathematical reasoning and analysis.

Discussion:

Mathematics is a fundamental tool in the modern world, and its applications are vast and varied. In science and engineering, mathematics is used to model and understand the natural world, from predicting the movements of planets to designing new materials and technologies. In finance, mathematics is used to analyze and model financial markets, evaluate risk, and make investment decisions. In technology, mathematics is used to develop algorithms and machine learning models that power everything from social media algorithms to self-driving cars.

Mathematics is also a powerful tool for solving real-world problems. From calculating the optimal route for a delivery driver to designing an efficient transportation system, mathematics is used to optimize systems and processes, saving time and resources. It is also used in medicine to analyze data and develop models for predicting and treating diseases, and in environmental science to model and understand complex systems such as climate change.

But mathematics is not just a tool for solving problems. It is also a field of study with its own beauty and elegance. From the symmetry of a snowflake to the patterns in the Fibonacci sequence, mathematics is full of wonders to explore

and appreciate. By developing an understanding of the role of mathematics in modern society, we can also develop an appreciation for the beauty and complexity of the subject.

Conclusion:

In conclusion, GE-4 Mathematics in the Modern World provides a comprehensive overview of the role of mathematics in modern society, its applications in solving real-world problems, and its beauty and elegance as a field of study. By developing critical thinking skills through mathematical reasoning and analysis, we can apply mathematical concepts and techniques to solve complex problems and contribute to the development of a better and more efficient world. Through this course, we can also appreciate the beauty and complexity of mathematics as a field of study, inspiring us to further explore and appreciate the subject.

Course title: GE-5 Purposive Communication

Learning objectives:

- Develop effective communication skills for a variety of purposes and contexts
- Understand the importance of audience analysis and adaptation in communication
- Learn how to develop clear and concise messages using appropriate language and tone
- Develop skills for effective presentation and public speaking

Introduction:

Welcome to GE-5 Purposive Communication. In this course, we will explore the fundamentals of effective communication and how to apply them in various contexts and situations. Communication is a crucial aspect of our personal and professional lives, and effective communication skills can help us build strong relationships, persuade and influence others, and achieve our goals. Through this course, we will develop skills for clear and concise communication, audience analysis and adaptation, and effective presentation and public speaking.

Discussion:

Effective communication requires careful consideration of the purpose, audience, and context of the message. Understanding the needs, preferences, and expectations of the audience is crucial for developing a message that is clear, relevant, and persuasive. Whether it is a job application, a business proposal, or a persuasive speech, effective communication requires an understanding of the audience's background, interests, and expectations. By analyzing the audience, we can tailor our message to their needs and preferences, increasing the chances of achieving our communication goals.

Another important aspect of effective communication is the use of appropriate language and tone. Clear and concise messages that are free from jargon, technical terms, and unnecessary details are more likely to be understood and remembered. Using appropriate tone and language is also crucial for building rapport and trust with the audience. By using language that is respectful, empathetic, and inclusive, we can build a positive and lasting relationship with our audience.

Effective presentation and public speaking skills are also crucial for successful communication. From presenting a project to a small group of colleagues to delivering a keynote speech at a conference, effective presentation skills require careful planning, preparation, and delivery. By using visual aids, engaging storytelling, and effective body language, we can capture the audience's attention and deliver a memorable message.

Conclusion:

In conclusion, GE-5 Purposive Communication provides a comprehensive overview of effective communication skills for a variety of purposes and contexts. By developing skills for audience analysis and adaptation, clear and concise messaging, and effective presentation and public speaking, we can communicate more effectively and achieve our communication goals. Effective communication skills are essential for personal and professional success, and by mastering them, we can build strong relationships, persuade and influence others, and achieve our goals.

Course title: GE-6 Art Appreciation

Learning objectives:

- Develop an understanding of the history and evolution of art
- Identify and analyze various forms and styles of art
- Evaluate art using appropriate vocabulary and criteria
- Develop an appreciation for the role of art in culture and society

Introduction:

Welcome to GE-6 Art Appreciation. This course is designed to provide a comprehensive overview of the history and evolution of art, as well as an understanding of various forms and styles of art. Through this course, we will develop skills for analyzing and evaluating art using appropriate vocabulary and criteria. We will also explore the role of art in culture and society and develop an appreciation for the ways in which art shapes and reflects our understanding of the world.

Discussion:

Art is a diverse and complex field that encompasses a wide range of forms, styles, and techniques. From cave paintings to contemporary installations, art has been an integral part of human culture and expression for thousands of years. By studying the history and evolution of art, we can gain a deeper understanding of the ways in which art reflects and shapes cultural and social norms.

One of the key skills in art appreciation is the ability to identify and analyze various forms and styles of art. By developing an understanding of the formal elements of art, such as line, color, shape, and texture, we can analyze artworks and evaluate their effectiveness. We can also identify different art movements and styles, such as Impressionism, Cubism, and Abstract Expressionism, and explore how these movements reflect and shape the cultural and social contexts in which they emerged.

Evaluating art using appropriate vocabulary and criteria is another important aspect of art appreciation. By developing a vocabulary of art terms and criteria, such as composition, balance, harmony, and rhythm, we can critically evaluate artworks and understand their artistic merits. We can also consider the historical, cultural, and social contexts in which the artworks were created, and how they reflect and challenge the prevailing norms and values of the time.

Conclusion:

In conclusion, GE-6 Art Appreciation provides a comprehensive overview of the history and evolution of art, as well as an understanding of various forms and styles of art. By developing skills for analyzing and evaluating art using appropriate vocabulary and criteria, we can appreciate the artistic merits of various artworks and understand their role in culture and society. Art is a powerful tool for reflection, expression, and social change, and by studying and appreciating art, we can gain a deeper understanding of ourselves and the world around us.

Course title: GE-7 Science, Technology and Society

Learning objectives:

- Develop an understanding of the relationship between science, technology, and society
- Analyze the social, ethical, and environmental impacts of scientific and technological advancements
- Evaluate the role of science and technology in shaping and responding to global challenges
- Explore the role of policy and governance in regulating scientific and technological development

Introduction:

Welcome to GE-7 Science, Technology and Society. This course is designed to provide an overview of the relationship between science, technology, and society, and to explore the social, ethical, and environmental impacts of scientific and technological advancements. Through this course, we will evaluate the role of science and technology in shaping and responding to global challenges, and explore the role of policy and governance in regulating scientific and technological development.

Discussion:

Science and technology have revolutionized the way we live, work, and interact with each other and the environment. From the development of vaccines to the creation of social media, scientific and technological advancements have transformed society and opened up new possibilities for human progress. However, these advancements also come with social, ethical, and environmental implications that need to be carefully considered.

One of the key aspects of this course is the analysis of the social, ethical, and environmental impacts of scientific and technological advancements. We will explore how these advancements affect different groups of people, and how they can exacerbate existing social inequalities. We will also examine the ethical implications of scientific and technological advancements, and how they can challenge our moral and ethical frameworks. Finally, we will analyze the environmental impacts of scientific and technological advancements, and explore the ways in which they contribute to environmental degradation and climate change.

Another important aspect of this course is the evaluation of the role of science and technology in shaping and responding to global challenges. We will

explore how scientific and technological advancements can contribute to solving global challenges, such as climate change, pandemics, and social inequality. We will also examine the ways in which science and technology can be used to perpetuate and exacerbate these challenges, and how we can develop a more responsible and sustainable approach to scientific and technological development.

Finally, we will explore the role of policy and governance in regulating scientific and technological development. We will examine the various approaches to regulating scientific and technological advancements, and evaluate their effectiveness in ensuring responsible and sustainable development. We will also explore the challenges of governance in the face of rapid scientific and technological advancements, and examine the ways in which policy and governance can be adapted to better respond to the challenges of the 21st century.

Conclusion:

In conclusion, GE-7 Science, Technology and Society provides an overview of the relationship between science, technology, and society, and explores the social, ethical, and environmental impacts of scientific and technological advancements. By evaluating the role of science and technology in shaping and responding to global challenges, and exploring the role of policy and governance in regulating scientific and technological development, we can develop a more responsible and sustainable approach to scientific and technological development. Science and technology have the potential to transform society for the better, but it is up to us to ensure that they are used in a way that benefits all of humanity and the planet we call home.

Course title: GE-8 Ethics

Learning objectives:

- Develop an understanding of ethics and its importance in personal and professional life
- Analyze different ethical theories and their application in real-world scenarios
- Evaluate the role of ethics in different fields, including business, medicine, and law
- Develop ethical decision-making skills and apply them to personal and professional situations

Introduction:

Welcome to GE-8 Ethics. This course is designed to provide an overview of ethics and its importance in personal and professional life. Through this course, we will explore different ethical theories and their application in real-world scenarios, and evaluate the role of ethics in different fields, including business, medicine, and law. Finally, we will develop ethical decision-making skills and apply them to personal and professional situations.

Discussion:

Ethics is the branch of philosophy that deals with moral principles and values. It is concerned with what is right and wrong, good and bad, and what we ought to do in different situations. Ethics is an essential component of personal and professional life, as it helps us make decisions that are morally and ethically sound.

One of the key aspects of this course is the analysis of different ethical theories and their application in real-world scenarios. We will explore consequentialist theories, such as utilitarianism, which focuses on the consequences of our actions, and deontological theories, such as Kantian ethics, which emphasizes the moral duty to follow certain rules and principles. We will also examine virtue ethics, which focuses on the development of moral character, and how it can be applied to personal and professional situations.

Another important aspect of this course is the evaluation of the role of ethics in different fields, including business, medicine, and law. We will explore the ethical challenges faced by professionals in these fields, and examine how ethical principles and values can be applied to resolve them. We will also examine the

ways in which ethical considerations can be incorporated into professional codes of conduct and regulations.

Finally, we will develop ethical decision-making skills and apply them to personal and professional situations. We will examine different models of ethical decision making, such as the four-component model and the rational decision-making model, and explore how they can be used to make ethical decisions in real world situations. We will also examine the challenges of ethical decision-making, including moral dilemmas and conflicting ethical principles.

Conclusion:

In conclusion, GE-8 Ethics provides an overview of ethics and its importance in personal and professional life. By analyzing different ethical theories and their application in real-world scenarios, evaluating the role of ethics in different fields, and developing ethical decision-making skills and applying them to personal and professional situations, we can develop a more ethical and morally sound approach to life. Ethics is not just an academic discipline, but a practical skill that can be applied to all aspects of life. By incorporating ethical considerations into our personal and professional decision-making, we can make the world a better place for ourselves and those around us.

Course title: GE-9 The Life and Works of Rizal

Learning objectives:

- Develop an understanding of the life and works of Jose Rizal
- Analyze Rizal's contributions to Philippine history and society
- Evaluate the relevance of Rizal's ideas and principles in contemporary times
- Appreciate the literary and artistic achievements of Rizal

Introduction:

Welcome to GE-9 The Life and Works of Rizal. This course is designed to provide an overview of the life and works of Jose Rizal, a Filipino nationalist and revolutionary who played a key role in Philippine history and society. Through this course, we will explore Rizal's contributions to Philippine history and society, evaluate the relevance of his ideas and principles in contemporary times, and appreciate his literary and artistic achievements.

Discussion:

Jose Rizal is considered the national hero of the Philippines, and his life and works continue to inspire Filipinos around the world. Rizal was born in 1861 in Calamba, Laguna, and grew up to become a polymath - a person with expertise in many fields - in the fields of medicine, literature, and political science.

Rizal's most famous literary work is the novel Noli Me Tangere, which exposed the injustices and abuses committed by the Spanish colonial government in the Philippines. Another major work of Rizal is the novel El Filibusterismo, which is a sequel to Noli Me Tangere and further exposes the corruption and oppression of the Spanish colonial regime.

Aside from his literary achievements, Rizal was also a political activist who advocated for reforms in the Philippine society. He founded the La Liga Filipina, a civic organization that aimed to unite the Filipinos and work towards the betterment of the country.

Rizal's life and works continue to be relevant in contemporary times. His ideas and principles, such as nationalism, democracy, and social justice, are still relevant in the modern world, and continue to inspire people around the globe. Moreover, Rizal's literary and artistic achievements have made him an icon of Philippine literature, and his works continue to be studied and appreciated by readers around the world.

Conclusion:

In conclusion, GE-9 The Life and Works of Rizal provides an overview of the life and works of Jose Rizal, and his contributions to Philippine history and society. By exploring Rizal's literary and artistic achievements, his political activism and advocacy for social justice, and the relevance of his ideas and principles in contemporary times, we can appreciate the enduring legacy of Rizal, and his contribution to the Filipino identity.