

## COURSE OVERVIEW

DIGITAL COURSE TITLE	
Self-Development Managing and Maintaining a Healthy Outlook in Life	
COURSE OBJECTIVES	
<ul style="list-style-type: none"><li>• Inspire the learners to adopt a healthy and balanced mental well-being</li><li>• Encourage the learners to become more compassionate, understanding, and kinder</li><li>• Recognize unhealthy coping mechanisms and replace it with effective managing skills</li></ul>	
LEARNING OBJECTIVES	TOPIC
<ul style="list-style-type: none"><li>• Awareness to Self-Development</li><li>• Learners will be introduced to the concepts of self-development</li></ul>	Lesson 1: Introduction to Self-Development The 3 Segments of Self-Development
<ul style="list-style-type: none"><li>• Learners will have a deeper understanding of the first segment</li><li>• Learners will be able to distinguish between healthy and unhealthy coping mechanisms</li><li>• Identify ways on how to have mental toughness</li><li>• Learners will learn how to deflect negative emotions</li></ul>	Lesson 2: Mental Conditioning Mental Conditioning (Coping Mechanisms)
<ul style="list-style-type: none"><li>• Learners will have a deeper understanding of the second segment</li><li>• Learners will learn how to create good habits that will help them improve their lives and growth</li></ul>	Lesson 3: Skills Enhancement
<ul style="list-style-type: none"><li>• Learners will have a deeper understanding of the third segment</li><li>• Learners will learn how to improve their current skill sets and fight off unproductivity</li></ul>	Lesson 4: Skills Enhancement

<ul style="list-style-type: none"> <li>Learners will have a better way of expressing positive emotions about themselves</li> </ul>	Lesson 5: Self Care and Self Love
<b>ASSESSMENTS</b>	
<p>QUIZZES and SEATWORKS</p> <ul style="list-style-type: none"> <li>To analyze if the learners understood the lesson, there will be sets of quizzes and seat works in between. The quizzes will be about the concepts tackled in the lesson but will also include subjective questions to enhance the learners' critical thinking. The seat works will be easy and will only include simple questions or matching type activities.</li> </ul> <p>SELF-REFLECTION or JOURNALLING</p> <ul style="list-style-type: none"> <li>Learners will be tasked to create a 'journal' wherein they will write their progress, what they have learned, and takeaways from the lesson.</li> </ul>	