

Personal Skills Course

Objective

1. To excel in life and career.
2. To develop respect and get along with peer groups.
3. To develop critical thinking skills.

Content

Unit 1	Self Esteem Attitude Goal Setting
Chapter 2	Time Management Creative Thinking Decision Making and Problem Solving
Chapter 3	Self Regulation and Determination Assertiveness Wellness of the Person

Course Instructor

1. Dr. Imtinaro