

SCHOOL OF EDUCATIONAL SCIENCES AND SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK
(CIP file- Classification of instructional programmes)

Course unit title:	PERSONAL AWARENESS SEMINAR		
Course unit code:	WPSY201		
Type of course unit:	Bsc Psychology (required Course)		
Level of course unit:	Bachelor		
Year of study:	2 nd		
Semester when the unit is delivered:	Spring		
Number of ECTS credits allocated :	5		
Name of lecturer(s):	Demetris Hadjicharalambous – Koulla Erotocritou		
Learning outcomes of the course unit:	<p style="text-align: center;">By the end of the course, the students should be able to:</p> <ul style="list-style-type: none"> •Analyze the elements of self-perception, it's the way we perceive the strengths and weaknesses of ourselves. We understand the importance of self-esteem and the image we have of ourselves. •Recognize the alternative theoretical approaches of the concept of self-awareness. We understand the most prevalent models of the concept of self and the stability of the concept of self in time. •Identify elements related to internal self-understanding. Be able to illustrate the self-regulation model and the functional model of action when inherent self-regulatory mechanisms of people are not sufficient. •Have knowledge of methods and tools that help us to understand ourselves and use these methods and tools to solve the problems that make us more functional in our everyday life. •Understand personality theories and the main modern psychotherapies to handle mental disorders. 		
Mode of delivery:	Face to face		
Prerequisites:	None	Co-requisites:	None
Course contents:	<p>Self-awareness, self-perception and self-esteem: Self-awareness is as a reference to our awareness of ourselves. Self-knowledge is the objective traits of our personality, our psycho-emotional existence, and our deepest desires. Self-understanding is the way we perceive the strengths and weaknesses of ourselves and self-esteem is the overall picture we have of ourselves.</p>		

	<p>The concept of self-awareness: The exploration of the alternative theoretical approaches of the concept of self. The predominant models of the concept of self, including an evolutionary analysis of differences in the structure and content of the self. It examines the stability of the concept of self in time. Also it examines the relationships of the concept of self with social support and other conceptual structures and the orientation of these relationships. Internal self-understanding: Improving the psychosocial condition of the individual and gaining conviction, expectation, and the belief that person can change himself. Change requires internal self-understanding, acknowledges the problem, acceptance, and then the change process is triggered.</p> <p>Deepening Self-Knowledge: Analyze practical tools to get to know ourselves and use them to solve our problems. The deepening of self-knowledge is attempted to bring before us the magic mirror, which reflects the possibilities of human evolution.</p>
Recommended and/or required reading:	Dimopoulos, G., (2015) Self-awareness, Athens: Minoas Kalantzi-Aizi, A., Aggeli, K., Eustathiou, G., (2011) Self-Awareness and selfcontrol, Athens : Pedio
Textbooks:	
References:	Arxondaki, Z., & Fillipou, D., (2003). 205 experiential exercises. Athens: Kastanioti.
Planned learning activities and teaching methods:	<p>The main techniques for implementation in workshops are:</p> <p>Lectures, workshops, explanations</p> <p>Discussion, examples, role-playing, group exercises</p> <p>Electronic projections</p> <p>Lecture and presentation summaries made available on the e-learning platform</p> <p>Preparation for final project through individual exercises</p>
Assessment methods and criteria:	<p>Participation exercises in class - Preparation and presentation social topic related self-awareness 50%</p> <p>Final project 50%</p>
Language of instruction:	Greek
Work placement(s):	No