

Name of the course: Self understanding, interpersonal relationship and teamwork

Overview of the course:

This course aims to equip students with tested knowledge and skills to understand self and others. In each session, learning will focus on a specific topic, on the basis of which students will discuss on selected issues, self-reflect on personal dispositions, and practice effective interpersonal skills. [In-class assignments will be administered.](#)

Out of class, students need to work in groups to carry out a project for a chosen topic and make a **30-minute group presentation (plus 10 minutes for Q & A)**. Students are advised to avoid presenting on the same topic.

Course Intended Learning Outcomes

Upon successful completion of the course, students will be able to:

1. Explain with knowledge the processes of interpersonal interactions in various social situations related to Christian ministries;
2. Apply effective interpersonal skills to better manage interpersonal interactions and teamwork at home and in work settings;
3. Evaluate the roles of personal dispositions in interpersonal interactions and take actions for positive personal/team growth.

Teaching Method

Teaching will include lectures and class exercises. The lectures will be the primary mode of instruction and will refer to the Chinese culture and Christian context, with reference to Scripture whenever appropriate. The class exercises and role plays will supplement the lectures and form an integral part of the teaching.

Learning Activities and Assessment Tasks

In this course, students learn through practice [and self-reflection](#). Learning outcomes are assessed with the following:

- In-class assignments (20%)
- Group project (40%)
- Term Paper (40%)

In-class assignments (20%)

To facilitate students' learning and self-reflection, there will be different class exercises focusing around the session main themes. Students are required to complete and submit in-class assignments according to the lecturer's instruction. **Late submission of in-class assignments will not be marked.**

Group Project (40%)

Each student is expected to work in groups of **4-5 people** to make **one** group presentation. The goal of this exercise is to help students to learn to apply the relevant concepts/theories of interpersonal skills and positive personal development. To complete the group project, students are requested to:

- (1) *form a group*
- (2) *choose a topic of interest from the main theme topics which have been covered and taught in class*
- (3) *search and prepare for relevant information for the selected topic*
- (4) *present the collected information within Session 10-13*
- (5) *offer your own critical comments of the significance of the chosen topic*
- (6) *indicate attempt to apply relevant theories of interpersonal skills and positive personal development learned in class as well as from Scripture and Christ's teaching*

Creativity, lively and vivid presentations are encouraged. Each group presentation is about **40 minutes** (including Q & A) and will account for 40% of the total course work. **Students are required to email their presentation PowerPoint including their names, student numbers and a statement of declaration of distribution of workload among group members (i.e., the division of labour in their preparation for the group project and presentation) one week before their presentation.**

Term Paper (40%)

Each student is requested to write a term paper on a **topic on their own experiences and learning** in relation to interpersonal skills and positive personal development. Its goal is to help students learn to **apply relevant concepts they learned in class to analyze their own real life experiences.** (Note: this is an academic paper and should have relevant reference/literature support.) The paper should be written in **English or Chinese**, typed on A-4 paper, double-spaced, and of approximately **1,200-1,500 words excluding references.** Some suggested topics include:

- resolution of an interpersonal conflict resulting from self understanding
- enhancement of tension in family relationship
- coping with stress
- assertive communication
- enhancing group cohesion and/or building teamwork

The paper should basically consist of three parts, namely:

- *Part 1 describe the relevant event/character/experience or situation which require attention/improvement.*
- *Part 2 analyze the relevant event/character/experience using the psychological theories/concepts as well as teaching from the Bible learned from the course or acquired through life experience.*
Part 3 reflection on how you plan or take action to improve the situation, and finally, what you have learned from this experience

Assessment of the paper will be based on

-the **use of relevant psychological theories/concepts,**

-insights from Scripture and the practice of the Christian faith,
-level of self-reflection.

The paper should be **submitted in soft copy one week after the last session (Session 12)**

Contents for the course

Session 1.	Introduction to the course self-understanding and importance of relationship	January 11
Session 2.	Family of origin, emotion, MBTI, gender	January 18
Session 3.	Boundaries between people, mutuality, progression of friendship	January 25
Session 4.	Communication: sender and receiver of messages, cooperating in a group, prayer	February 1
Session 5	Resolving conflicts in group, steps in negotiation, anger management	February 8
Session 6	Handling family tension and conflict	February 22
Session 7	Friendship and intimate relationship	February 29
Session 8	Team building, leading, following, the needs of the one versus the needs of many	March 14
Session 9	Motivating team members and assertiveness in relating to others	March 21
Session 10	Group presentations	April 11
Session 11	Group presentations	April 25
Session 12	Group presentations	May 2
