

## **The Personal Development and Coaching courses (PDC)**

### **PDC 110 Self-Management and Intercultural Communication** (3 credits)

This course teaches the student about himself, his different roles and positions in the environment and how to communicate within the diverse multi-cultural setting. The student will develop a personal portfolio which represents who he is, who he would like to become and how he will get there. This course is part of the first year's curriculum.

#### **The course will cover:**

- Core Qualities theory of Ofman
- Johari Quadrant
- Belbin's group and team roles
- The 7 habits of Effective leadership by Covey
- Samovar's culture shock theory
- The 5 Cultural dimensions of Hofstede
- Paradigm shifting and Intercultural communication at large

#### **The instructor:**

The course will have to be instructed by the Student Advisor; this since one of the main objectives of the PDC program is to establish a relationship between the students and the advisor/coach. This relationship, together with the (to be implemented) student tracking system; should result in the student mastering competence 9 and 10, whilst USM will be much better informed and more involved in the progress of its students.

#### **The assessment:**

The student will be assessed on the following:

- In class participation
- Presentation of "self" to the class
- Portfolio (work in progress)

### **PDC 210 Professional Development** (1 credit)

This course teaches the student how to continuously develop himself professionally. The student will have to be pro-active and generate quantifiable development. Next to that the student will have to participate in, at least, three of USM's Lecture Series events. This course is part of the second year's curriculum.

#### **The Instructor:**

The Student advisor will have to be the instructor, for the same reasons as mentioned under PDC 110.

#### **The assessment:**

The student will be assessed on the following:

- Attendance records of the lecture series
- Updated portfolio
- Presentation of the portfolio to the coach.