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© CSF – Creative Strategic Foresight – Study Programme

Pr. 517671-LLP-1-2011-1-FI ERASMUS\_FEXI

1.11.2011 – 30.9.2013

## CSF- course outline

# Self-esteem and Motivation

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| COURSE TITLE | **Self-esteem and motivation** |
| COURSE CODE | For each educational institution to define |
| TYPE OF COURSE | Optional |
| LEVEL OF COURSE | Professional studies |
| LEVEL OF STUDY | Bachelor studies |
| SEMESTER/TRIMESTER | For each educational institution to define |
| NUMBER OF CREDITS\*(recommendation) | 5 |
| LANGUAGE OF THE COURSE | English, Spanish (Castillan) |
| STUDENT’S WORK LOAD | Total work load of the course 125 hours, of which: Scheduled studies 50 hours Autonomous studies 75 hours |
| COURSE DEVELOPER | F2INNOVA |
| NAME/-S OF THE COURSE DEVELOPER | Saturnino Molina, Montserrat Gonzalez, Xavier Agullo |
| A BRIEF DESCTRIPTION OF THE COURSE  | The course aims at raising awareness of the role of motivation in the process of improving oneself and one’s creative attitude.At the end of the course, students are expected to: have become aware of the importance of concepts such as motivation or passion for something, self-esteem, self-development and creative thinking, through emotional and thinking processes. |
| OBJECTIVES OF THE COURSE  |
| LEARNING OUTCOMES  | At the end of the course, students are expected to understand the importance of the concepts of motivation or passion for something, self-esteem, self-development and creative thinking. They will have acquired knowledge and skills to motivate themselves and others in achieving concrete goals.  |
| COMPETENCIES | At the end of the course, students are expected to develop abilities related to have a high level of self-esteem and motivation, knowing themselves better as a base of a good creative thinking |
| MODE OF DELIVERY | Both face-to-face and virtual learning are used. *Scheduled:*Lessons and discussions: 20 hours Virtual assignments: 20 hoursWorkshops: 15 hours Collaborative project work: 40 hours*Autonomous:*Self-reading and learning diary 40 hours. Mode can be adapted nationally and personally. |
| PREREQUISITES | Basic studies |
| COURSE CONTENTS | 1. Knowing yourself to develop your motivation and creativity
2. In Search Of Your Element: The Passion Changes Everything (Robinson)
3. Lifestyles And Learning As How They Can Influence In You
4. ThinkFeeling (Sentipensar) as a creative tool to explore yours abilities and skills.
5. Blocks And Personal Inhibitors Of Creativity
6. Conditions for a rich and creative multiculturalism
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| RECOMMENDED READING | Mandatory: Csikszentmihalyi, M. (1998). *Creativity. The flow and psycholog*y. Barcelona: Polity Press.Goleman, D. (1996) *Emotional Intelligence*. Barcelona: KairosTorre, S. De La (2001). *Sentipensar: strategies for a creative learning*. Mimeo.Marin, R. and Torre, S. (Coords) *Handbook of creativity*. Barcelona: Vicens Vives.Marina, J. A. (2011) *The secrets of motivation*. ArielTorre, S. (2007) *Creativity applied*. Buenos Aires: Magisterium. Thematic blocks to creativity.Storti, Craig. (1994). *Cross-Cultural Dialogues*. Intercultural Press .Inc., Yarmouth, Maine. *Optional:*Robinson, Ken (2011). *The element. Discover your passion changes everything*. Barcelona: DebolsilloMarcos Rojas, L. (2011). *Self-esteem*. Madrid: Espasa CalpeTorre, S. (2006). *Discover your creativity*. Torre and Violant, Understanding e valuing creativity. Vol 2. Pp. 363.Torre, S. (2011). *Adversity hides a treasure*. Seville: Red Circle. |
| TEACHING METHODSCombined with education, research and companies | Lectures, participation and discussion, demonstrations and teamwork, application of concepts, analysis and discussion of texts, creations and dramatizations, final project |
| ASSESSMENT METHODS AND CRITERIA | Active participation : 25%Workshops: 20%Project evaluation: 30%Learning diary: 25% |

**\*** Can be diminished or expanded according to the institution, curricula, need and cases.