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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 hours  Workshops: 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 | |
| RECOMMENDED READING | Mandatory:  Csikszentmihalyi, M. (1998). *Creativity. The flow and psycholog*y. Barcelona: Polity Press.  Goleman, D. (1996) *Emotional Intelligence*. Barcelona: Kairos  Torre, 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*. Ariel  Torre, 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: Debolsillo  Marcos Rojas, L. (2011). *Self-esteem*. Madrid: Espasa Calpe  Torre, 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 METHODS  Combined 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.