SEA-EU micro credential course sheet
Course offers for the SEA-EU micro-credential Programmes on Future Skills or Sustainability Studies

General Information

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| **Course Title** | **Code** |
| Selfmanagement through Self Awareness | SEAEU007-01a |
| **Course teacher** |
| Daniela Dlugosch, Key Skills Centre, University: Kiel University: dlugosch@zfs.uni-kiel.de |
| **Organiser/Contact person** |
| Daniela Dlugosch, Key Skills Centre, University: Kiel University |
| **Credits (ECTS)** | **Workload** |
| 2,5 | 1 ECTS = 25 to 30 h Workload,Overall workload: 62,5including 21 contact hours and 41,5 self-instructed learning |
| **Language of instruction** |
| English  |
| **Mode of provision** |
| online 100% |  |
| **Percentage of e-learning (0-100%)** |
| 100% |
| **Short course description (for dissemination to students)** |
| The seminar examines self-awareness as a fundamental psychological construct and its implications for human development and professional efficacy. The students will engage with frameworks and practices to develop competencies in emotional intelligence, metacognition, social cognition, cultural awareness, and leadership behavior. The course integrates theoretical foundations with applied methods, including structured reflection, peer interaction, and situational analysis. |
| **Link to the university's website for the course / time and place for the course** |
| [*https://univis.uni-kiel.de/prg?search=lectures&number=200352&lang=en%20&show=llong&&noimports=1&sem=2025s*](https://univis.uni-kiel.de/prg?search=lectures&number=200352&lang=en%20&show=llong&&noimports=1&sem=2025s)Tuesdays 9:00-12:15 on the following dates: 17.06.; 24.06; 01.07.; 08.07.; 15.07.; 16.09.; 30.09  |

Organisational Information

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| **Course format/teaching and learning method (see SEA-EU list of teaching and learning methods)** |
| Seminar |
| **Max. number of participants** |
| 20 |
| **Course enrolment** |
| For SEA-EU students (students from Kiel University please use the local system QIS)<https://studfeedback.uni-kiel.de/evasys/online.php?p=2N8ZX>***Please make sure to register with your university e-mail.***Enrolment is possible until 08.04.2025. After 08.04.2025, there is a random allocation of seats. You will get an e-mail from the course teacher with further information, if you get a spot in the seminar. |
| **Course fees** |
| *none* |
| **Enrolment requirements** |
| Study level: Master (level 7)The course is also open for Bachelor students, but keep in mind that you might have problems getting the courses ECTS recognized. Please contact your university for more information on this.Entry level of language proficiency: B2Other requirements: |
| **Link to the university's website for the course** |
| https://univis.uni-kiel.de/prg?search=lectures&number=200352&lang=en%20&show=llong&&noimports=1&sem=2025s |
| **Other remarks** |
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Learning Conditions

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| **Course content**  |
| 1 Foundations of Self-Awareness2 Emotional Intelligence and Self-Awareness3 Cognitive Patterns and Mental Models4 Social and cultural Awareness and Relationships5 Personal Identity and Values6 Leadership and Self-Awareness7 Integration and Future Development |
| **Learning outcomes** (knowledge, skills, attitudes) |
| Students are able to …* identify personality and basic psychological models for self-reflection
* review techniques, methods and models of self-reflection by applying them in relation to their own personality
* develop the ability to self-observe
* weigh different perspectives against each other and relate them to their own perception in self-reflection
* develop an awareness of and self-confidence in their own abilities in the process of self-reflection
 |
| **Student activities** |
| Structured reflection, peer interaction, and situational analysis |
| **Attendance policy** |
| Maximum of two absences |
| **Assessment Methods (see SEA-EU list of assignments)** |
| Portfolio |
| **Grading** |
| non-graded (pass/fail) |
| **Study materials/Course literature** |
| Course literature (as a list) and study materials like a documentation of the content are provided within the course. |

Linkage to SEA-EU micro-credential Programmes

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| **Linked to micro-credential programme** |
| Future Skills |
| **Linked to micro-credential category/module (see Future Skills Framework)** |
| Self competences |
| **Linked Competence** |
| Self-awareness competence |