

COURSE DETAIL

PERFORMANCE, POTENTIAL AND DEVELOPMENT

Country

Host Institution

Program(s)

University of Melbourne

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Education

UCEAP Course Number

26

UCEAP Course Suffix

UCEAP Official Title

PERFORMANCE, POTENTIAL AND DEVELOPMENT

UCEAP Transcript Title

PERFORM&DEVELOPMENT

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course explores the theory and evidence relating to high performance and optimal functioning across a variety of contexts. The course analyzes and reviews teachable skills and pathways towards high performance and presents a variety of disciplines included, but not limited to psychology, education, social sciences, organizational behavior and philosophy. The course uses and experiential mode of learning to cover a variety of theoretical and evidence-based underpinnings of performance, including growth mindset, self-regulation, emotional intelligence, mindfulness and acceptance based approaches, flow, emotions, resilience, failure, and goal setting.

Language(s) of Instruction

English

Host Institution Course Number

EDUC10059

Host Institution Course Title

PERFORMANCE, POTENTIAL AND DEVELOPMENT

Host Institution Campus

Melbourne

Host Institution Faculty**Host Institution Degree****Host Institution Department**

Education

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