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 Course Details

Host Institution Campus
Melbourne

Host Institution Faculty

Host Institution Degree

Host Institution Department
Education

Course Last Reviewed

Print