

COURSE DETAIL

HUMAN LEARNING

Country

Ireland

Host Institution

University College Dublin

Program(s)

University College Dublin

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Education

UCEAP Course Number

70

UCEAP Course Suffix**UCEAP Official Title**

HUMAN LEARNING

UCEAP Transcript Title

HUMAN LEARNING

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course develops core competencies for effective learning, wellbeing, personal growth and coping with stress, so that students can equip themselves with lifelong skills for learning, working and being well. Students develop themselves to thrive in university life and beyond - including leadership skills for future employment. This course covers concepts of managing stress, motivation, time management, critical and creative thinking, happiness, personality, positive self-identity, and most importantly fostering physical, cognitive, emotional and social skills that support learning and wellbeing. Assignments provide students with the opportunity to focus on the self working towards personal goals that students identify as part of the module and track their own personal data and progress in areas of their choice (e.g. emotional wellbeing, study habits, time management, exercise). Students reflect on how their values and goals map onto the way they are currently living and students are facilitated in exploring how they wish to reach their potential.

Language(s) of Instruction

English

Host Institution Course Number

EDUC10170

Host Institution Course Title

HUMAN LEARNING

Host Institution Course Details

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Host Institution Campus

Host Institution Faculty

School of Education

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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