Psychology of Personal Growth
Learn to understand personal growth from a comparative perspective.

Instructor

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About this course
Want to learn about how you become who you are, but not sure where to kick off that journey? This is a fantastic course for you.

This course covers important factors influencing your personal growth (i.e., how you grow by exposing yourself to new experiences). We discuss personality and emotion, romantic and intimate relationships, as well as the interplay between culture and these factors on your growing up. In the course, we allude to the findings pertinent to the Chinese samples.

What you'll learn
At the end of this course, you will be able to:
- describe different methods to studying personal growth
- describe yourself using multiple perspectives
- explain the role of culture in defining yourself
- describe different approaches to exploring the nature of emotion
- apply different perspectives on understanding the interplay between culture and romantic love
- critically discuss the relationship between romantic love and intimate relationships
Course Syllabus

Module 1: Introduction to Psychological Adjustment
Module 2: Understanding Yourself
Module 3: Exploring Your Emotion
Module 4: Romantic Love and Culture
Module 5: Intimate Relationships

Length: 6 weeks
Effort: 2 to 3 hours per week
Subject: Social science
Level: Introductory
Language: English
Video Transcripts: English, Chinese