



# Course Syllabus

## COURSE: PERSONAL DEVELOPMENT

**Course Title:** Personal Development

**School Level:** Middle School and High School

### *Course Purpose & Objective:*

Personal development is the most powerful investment one can make. This course will enable students to take control of their future and become the best version of themselves. Buckle up!

### *Description:*

Personal Development is a course designed to increase a student's success in school, at work, and in their personal life. Each of the lessons in this course provide students with practical insights, stories, discussion questions, and activities designed to enhance self-awareness, boost self-esteem, and help develop the motivation it takes to overcome personal challenges.

By participating in course activities and discussions, students build a valuable record of their goals, dreams, skills, interests, and values. Students will also develop the skills necessary to make informed and responsible decisions about their own well-being, as well as the well-being of others.

Personal development is a vital part of growth, maturity, success, and happiness. It is the foundation of emotional, physical, intellectual, and spiritual health. Rather than considering personal development to be a selfish act, this course provides students with an opportunity to understand the benefits that it brings to those around them. Upon completing this course, students will understand how to live with intention in everything they do, and how to experience more happiness and fulfillment in their lives.

### *Course Outcomes:*

After completing this course students will be able to:

1. Get out of their comfort zones and become a better personal leader
2. Create a life strategy around their personal brand, passion, purpose and motivations
3. Find value in themselves and others and develop personal management skills
4. Create a personal framework for their health in several areas, including: physical disciplines, mental well-being, financial responsibility and emotional health

### *Course Outline:*

Unit 1: Develop Yourself

Unit 2: Strategic Planning

Unit 3: Self-Esteem

Unit 4: Complete Health

## ***Resources Included:***

Lessons include various multimedia components (e.g., videos, podcasts, discussions, assignments). Lesson content is embedded directly in the course and can be removed or reordered within the system. No additional costs or materials are needed to complete this course.

## ***Scoring System:***

Purpose Prep does not assign letter grades, issue diplomas, or grant credit for courses. A final score will be accessible and can be used by your local school or course facilitator for conversion to your own grading system.

## ***Graded Assignments:***

- Lesson Videos
- Check on Learning Quizzes
- Call to Action Assignments
- End of Unit - Written Articles & Responses
- End of Unit - Assessment Quizzes
- End of Unit - Parent Involvement Activities

## ***Course Implementation & Schedule:***

This course is comprised of 80 lessons and can be implemented in a single semester, trimester, or a full year of instruction. Courses are flexible and can be offered fully online, hybrid, or whole classroom. Lessons are sequenced purposefully within a unit, to ensure connections between larger ideas and concepts within that unit. However, all units and lessons can be customized into any order that suits the implementation.

## ***Instructional Support Services:***

Individual personalized support is provided by the Purpose Prep customer care department at [info@purposeprep.com](mailto:info@purposeprep.com).