



## COURSE GUIDE

<b>Course:</b> Understanding the Self	<b>Semester:</b> First Semester	<b>School Year:</b> 2021-2022
<b>Class schedule:</b>	<b>Instructor:</b> Hilario Domingo L. Chicano	
<b>Course Description</b> The course deals with the nature of identity, as well as the factors and forces that affect the development and maintenance of personal identity. More so, this course is intended to facilitate the exploration of the issues and concerns regarding self and identity to arrive at a better understanding of one's self. It strives to meet this goal by stressing the integration of the personal with the academic – contextualizing matters discussed in the classroom and in the everyday experiences of the students – for better learning, generating a new appreciation for the learning process, and developing a more critical and reflective attitude while enabling them to manage and improve their selves to attain a better quality of life. This course also includes the mandatory topics on Family Planning and Population Education.		

### Course Outline

TOPIC	REFERENCES
<b>Unit 1 DEFINING THE SELF: LOOKING THROUGH THE DIFFERENT PERSPECTIVES</b> <b>CHAPTER 1: What is Philosophy?</b> Lesson 1: The Global Economy Lesson 2: Ancient Philosophy Lesson 3: Modern Philosophy Lesson 4: Contemporary Philosophy	Age of Enlightenment." (n.d.). "Ancient Philosophy." (n.d.). Churchland, (1981). De Landazuri, (2015). "Descartes, Rene   Internet Encyclopedia of Philosophy." (n.d.). Gaarder & Møller, (2007). Meinwald, (2020). Morzinski (2002). "Socrates." (2018). "Socrates." (n.d.). "The Common Good." (2018). Vanzo, (2013)
<b>CHAPTER 2: Sociology and Anthropology</b> Lesson 1: What is Sociology and Anthropology? Lesson 2: Development of the Self Lesson 3: The Self in Different Context	Barnett, et al (2018). Covar, P., (2015). KALikha (2019). Navarro, et al (2013). Parsons, V., (2019). Pavlou, G. (2018). Pe-Pua, R., & Protacio-Marcelino, E. (2000). Sokelof, M. (1999)
<b>CHAPTER 3: Psychology</b> Lesson 1: Theories and Concepts in Psychology Lesson 2: : Me-Self and I-Self: William James Lesson 3: Real and Ideal Selves Lesson 4: Self-Esteem and Self-Efficacy	Frank, et al (2010); Freud, S. (1905); Horney, K. (1950); James, W. (1890); Jung, C. G. (1921); Jung, C. G. (1948); Knight, Z. G. (2017); Mcleod, S. (2014); Orth, et al (2012); Oyserman, et al (2012); Passer & Smith, (2007); Prasad, et al (2020); Rogers, C. R. (1959); Stangor, et al (2014) Weiten, et al (2014); Wozniak, M. (2018)
<b>CHAPTER 4: The Self in Eastern Thought</b> Lesson 1: The Self in the Eastern Thought Lesson 2: Notions of the Self in Classical Eastern Thoughts	Alata, et al (2018); Arslan, F. (2014); Bharati, S. J. (n.d.). Caslib, et al (2018); Fadiman, J. & Frager, R. (1999); Ho, D. (1995); Khalil, A. & Sheikh, S. (2016); Kohn, L., & LaFargue, M. (1998); Mainali, M. K. (2020); Nizami, et al (2013); Saksena, S. K. (1939)
<b>Unit 2 UNPACKING THE SELF: DISCOVERING THE COMPONENTS OF THE SELF</b> <b>CHAPTER 1: The Physical and Sexual Self</b> Lesson 1: Physical Self Lesson 2: Sexual Self Lesson 3: Sexually Transmitted Diseases Lesson 4: Natural and Artificial Methods of Contraception	Alata, et al (2018); Caslib, et al (2018); Contraception Methods - Family Planning. (n.d.). Cruickshank, H. (n.d.); DiLeonardo, (2019); Frothingham, S. (n.d.); Gebhard, P. H. (2019); Hamson, R. J. (2020); Rees, P. (2001); Sexual Dysfunction & Disorders: Treatment, Symptoms & Diagnosis. (n.d.); The State of Queensland - Queensland Health. (2019); World Health Organization: WHO. (2020); Your Guide to the Sexual

# Course Guide

**Shasha Hu**



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