

Programa de Asignatura
PERSONAL & PROFESSIONAL DEVELOPMENT FOR ENTREPRENEURS

A. General

1. Unidad Académica	VICERRECTORÍA DE PREGRADO					
2. Carrera	TRACK EMPRENDIMIENTO					
3. Código	ETR20231					
4. Ubicación en la malla	BACHILLERATO/LICENCIATURA					
5. Créditos	8					
6. Tipo de asignatura	Obligatorio		Electivo	x	Optativo	
7. Duración	Bimestral		Semestral	x	Anual	
8. Módulos semanales	Clases Teóricas	x	Clases Prácticas	x	Ayudantía	
9. Horas académicas	Clases	68	Ayudantía			
10. Pre-requisito	No tiene					

B. Contribution to the Graduate Profile

Taking into account the changes in the work environment, mainly those that have to do with the global environment, diversity and an interdisciplinary perspective, Universidad del Desarrollo has proposed to train its students through an Educational Project that, together with delivering a solid disciplinary training and in coherence with the needs of the world of work, develops in students new skills, competencies and knowledge that allow them to successfully face the professional scenario that awaits them at the end of their undergraduate training. In this context, the Track courses or thematic routes arise, with the purpose of contributing through extradisciplinary training, so that students can participate in more enriching learning experiences that will prepare them for a changing world of work.

The course “Professional and Personal Development for Entrepreneurs”, is part of the **Entrepreneurship Track** and aims to provide students skills and mindset required to develop a systematic approach to personal growth that enables them to achieve their full potential taking into consideration their wellbeing. The most important asset of an entrepreneur is himself. However, many entrepreneurs push themselves too hard, becoming an obstacle to growing their businesses and affecting other areas of their lives. For this reason, it is essential that students obtain the necessary skills and mindset to fully develop their full potential, and thus reconcile study, family, and work, thus paying tribute

to the following UDD generic competency: Entrepreneurship and Leadership and communication.

C. Competences and General Learning Results developed by the subject

Generic Competencies	General Learning results
Entrepreneurship and Leadership	Develops a growth mindset oriented to develop a productive and balanced way of life.
Communication	

D. Unidades de Contenidos y Resultados de Aprendizaje

Content	Competency	Learning Results
<p><i>Unit 1. Well-being</i></p> <p><i>1.1 Concept of integral well-being</i></p> <p><i>1.2 Physical health</i></p> <p><i>1.3 Mental health</i></p> <p><i>1.4 Psychosocial risk factors</i></p>	<i>Entrepreneurship and Leadership</i>	Identify the concept of integral wellness and its relationship with professional performance.
<p><i>Unit 2. Structure of life</i></p> <p><i>2.1 Life structures</i></p> <p><i>2.2 Habits and vices</i></p> <p><i>2.3 Acquisition of new habits</i></p> <p><i>2.4 Time management</i></p>	<i>Entrepreneurship and Leadership</i>	Manage their time efficiently and consciously acquire habits that enhance their performance.
<p><i>Unit 3. Personal and team vision</i></p> <p><i>3.1 The areas of life</i></p> <p><i>3.2 Development goals</i></p> <p><i>3.3 Life experiences</i></p> <p><i>3.4 Service</i></p>	<i>Communication</i>	Develop a vision of life that motivates them to maintain their well-being throughout their adult years, positively influencing work mates.
<p><i>Unit 4. The seven pillars of well-being</i></p> <p><i>4.1 The seven pillars of well-being</i></p> <p><i>4.2 Relationship with oneself</i></p> <p><i>4.3 Food – Exercise – Sleep</i></p> <p><i>4.4 Social contact – Entertainment – Peacetime</i></p>	<i>Communication</i>	Apply the seven pillars of wellness to the professional life and the work environment.

E. Teaching Strategies

The methodology of the course considers a practical and significant approach aimed at learning entrepreneurial skills and mentality. The course considers 50% theoretical activities and 50% practical and applied activities.

The theoretical activities consider the exposition of concepts, conceptual maps, examples and spaces to encourage students to reflect on their learning, in addition to the participation of special guests belonging to international companies or institutions. These guests will be interviewed in class in person or remotely on topics relevant to the course.

The practical activities will be oriented to the application of the topics of the subject to everyday life, this will be done through workshops, activities and the use of a personal student Journal to record progress.

F. Assessment strategies

To verify the progress of student learning, the following evaluation instruments will be used.

- 2 Tests for the application of relevant knowledge associated with the theoretical part of the course. Each certament will consider 10 alternative questions and at least one development questions to show critical reasoning. The grade of each contest will be determined as the score obtained / total score *6 +1
- A weekly mark for delivery of records in the student journal. The final Journal grade is determined as: (timely deliveries + 0.5 * late deliveries) / total deliveries
- 1 Final Exam that will consider 20 alternative questions and at least two development questions to show critical reasoning. The grade is score obtained / total score *6 +1

The final mark is calculated from the following formula:

$0.7 * (\text{test 1} + \text{test 2} + \text{Journal grade}) / 3 + 0.3 * \text{Final Exam grade}$

Course Pass/fail criteria:

- To pass the course, students must obtain a grade equal to or greater than 3.0 in the exam.

- "The course and/or activity include a mandatory attendance requirement, which implies that students who fail to meet this requirement will not be eligible to take the Final Exam for the subject, as stated in the Academic Regulations for Regular Students. The number of allowable absences will be specified in the respective calendars of each course and/or academic activity, and this information will be provided at the beginning of the school period for each of them."

G. Learning Resources

Bibliography

- Course Material

Further readings:

The Code of the Extraordinary Mind, Vishen Lakhiani, Rodale Books, ISBN-10 : 1623367085