

The Vientiane College Diploma - Module Overview

DIPES109 Exploring Self-Awareness

Overview of the module

In this course you will develop an understanding of who you are, what you care about, what you believe in, and what has influenced you to become the person you are today. You will be reading personal essays, short stories, poems, and sections from novels as well as regularly writing reflectively. Doing so will help you see how reading and writing can facilitate a deeper understanding of yourself which can encourage to self-improvement.

Key questions explored in the module

- What are my own beliefs, values, and personality traits? What makes me, “me”?
- How does culture, families and sense of “home” influence who am I?
- How can I learn more about different personality traits? Why is this important?
- How can knowing who I am help me become the “best” me?

Skills

This module will help you improve your English language skills with a special emphasis on:

- using what you know already, logical thought, questions and clues in reading to understand more
- recognizing methods writers use such as symbolism, simile, and metaphor
- writing confidently and fluently; finding your “writer’s voice”
- writing descriptively and reflectively
- participating effectively in self and peer editing

Performance Tasks

In the module you will:

- participate in discussions of course ideas
- compose **weekly reflective journals** which lead you to
- write a **personal essay** in which you identify, explore, and express a significant value or belief
(don’t worry about this yet...the whole course prepares you for this)



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