Soft Skills

ECTS : .5

Volume horaire : 1.5

Description du contenu de l'enseignement :

This is not a traditional class, based on knowledge to acquire, quite content oriented etc. It is based on soft skills awareness and practice, group cohesion, and quite relation oriented. The period represents a great change for students, who are no longer at secondary school, sometimes away from home for the first time, sometimes new in the Paris area, facing high level standards in their studies, ready to look for an internship for the first time maybe, about to relocate in Germany etc. The idea is to improve the self awareness about whom we are, how different we are, and thereby, improve the group cohesion, the ability to work in a project and relate with others in a tolerant manner, with a positive mind-set, the ability to cope with pressure if any, to adapt one’s communication when needed etc. The under lying approach is based on the positive psychology and on the MBTI (Myers Briggs Type Indicator) personality inventory.

Compétence à acquérir :

- Improve self-knowledge and awareness: strengths, values, frame of reference, basic preferences (MBTI) etc. - Develop assertiveness (attitude toward conflict, communication skills) - Develop group cohesion, tolerance and performance (active listening, creativity, cooperation)

Mode de contrôle des connaissances :

No performance assessment, no grade. Yet, this is a mandatory module that requires to be "validated". The criteria for "validation" are the following: Attendance, punctuality and commitment during the class: global attitude, active listening, useful questions or feedback and teamwork.

Bibliographie, lectures recommandées :

- Emotional intelligence, Daniel Goleman
- Non violent communication, Marshall Rosenberg
- Gifts differing, Isabel Briggs Myers (to understand better the MBTI indicator, and the Carl Jung personality theory)

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