

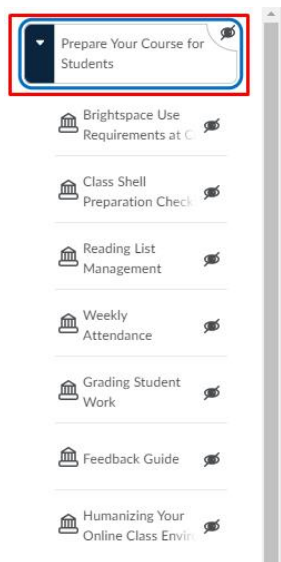


Course Content Navigation

The Content area of the course is where the majority of course materials, activities, and assignments are found.

Course materials and activities are organized into modules, with most course schedules based on completing one module per week. Access required and recommended resources, discussion forums, assignments and more through each module.

Instructors begin by reviewing the Prepare Your Course for Students module for information on course preparation work that should be completed prior to students gaining access to courses.



Prepare Your Course for Students



Instructors must complete a number of activities to prepare and update their online course shell, whether teaching in-person, mixed-mode, or fully online. All of these updates should be completed in the 2 weeks prior to students gaining access to the course shell.

Additional expectations for instructors including submitting weekly attendance, timely grading, providing feedback to students are detailed in this module.

Please review the resources in this module as you prepare to support CityU students!

Students begin by reviewing the Start Your Course Here, and the Syllabus, Schedule, and Course Team modules.

CityUniversity | MBA 512: Self-Cultivation for Management

Course Home **Content** Assignments Grades Library Reading List Communication Help

Start Your Course Here

Syllabus, Schedule, and Course Team

Meet Your Instructor

Meet Your Program Director

Module 1 - An Introduction to Self-Leadership: The Journey Begins

A Generative Glance: Self-Leadership Strategies

I Wanted to Change the World...

Weekly Videos

Recommended Articles

Introduce Yourself

An Introduction to Self-Leadership: The Journey Begins

Module 2 - The Context of Self-Leadership: Mapping It Out

Module 3 - Behavior Focused Strategies

Module 1 - An Introduction to Self-Leadership: The Journey Begins

Business and Management

During Module 1, we will dissect the concept of "self-leadership" as a process of influence for directing behavior towards accomplishing goals. We will analyze how research and theories in two areas of psychology have evolved and shaped the concept of self-leadership. These primary theories include the social cognitive theory and the intrinsic motivation theory (i.e., self-determination theory). Throughout this initial discussion, we will learn about the course structure and the philosophy behind its design, which are centered on the study of human behavior. From a general perspective, this course will help you develop a framework to motivate yourself to achieve your personal goals; to help you "lead the band" in your personal and professional lives.

Through the lens of business and management, by synthesizing an array of self-cultivation strategies into a comprehensive self-leadership paradigm, you can gain the ability to effectively lead and guide self and others.

"Mastering others is strength; mastering oneself is true power."- Lao Tsu

"Knowing yourself is the beginning of all wisdom."- Aristotle

"First, be a leader of yourself. Only then can you grow to lead others."- D. Taylor-Klaus

Learning Objectives:

- Contrast the three primary sources of leadership: External leadership, participative leadership, and self-leadership.
- Provide a basic definition of self-leadership and examine this concept in the context of social cognitive theory and intrinsic motivation theory.
- Explain how we all lead ourselves and recognize that we choose what we become.

To-Do: