

**FACULTY OF SOCIETY AND SCIENCE  
STUDY COURSE DESCRIPTION**

<b>Course Title:</b>	<b>Self-leadership</b>				
<b>Course code (LAIS):</b>					
<b>Study programme:</b>	<b>Tourism Competitiveness Management</b>				
<b>Level of Study programme:</b>	<input type="checkbox"/>	1st level professional higher education			
	<input type="checkbox"/>	Professional Bachelor			
	<input type="checkbox"/>	Professional Master			
	<input checked="" type="checkbox"/>	Academic Master			
	<input type="checkbox"/>	PhD level			
<b>Type of Study programme:</b>	<input checked="" type="checkbox"/>	Compulsory course (Part A)			
	<input type="checkbox"/>	Professional specialization courses (Part B, compulsory)			
	<input type="checkbox"/>	Professional specialization optional courses (Part B, optional)			
	<input type="checkbox"/>	Elective courses (Part C)			
<b>Course Workload:</b>	<b>Credits</b>	<b>ECTS</b>	<b>Academic hours</b>	<b>Contact hours</b>	<b>Independent work hours</b>
	2,67	4	108	33	75
<b>Course Author/ Tutor:</b>	<b>Heini Korvenkangas</b>				
	Guest lecturer, M. Sc. (Econ. and Bus. Adm.)				
	e-mail: heini.korvenkangas@samk.fi				
	Consultation: according to the schedule for each semester				
<b>Study Form:</b>	Full time studies, online course				
<b>Study year, semester:</b>	Year 1, Semester 1				
<b>Language:</b>	English or Latvian				
<b>Prerequisites for the Course:</b>	None				
<b>Course Summary:</b>	<p>Student acquires different tools for self-management and self-leadership, such as stress management and mindfulness and applies these into work and study environment. By developing skills for self-mastery, student learns to develop and analyse one's competences as a leader and to respond instead of reacting. Student understands and plans the process of self-leadership for personal and leadership development. Student analyses the development process from an expert into a leader. Student analyses individual's role in organizational changes.</p>				
	<p><b>Keywords:</b> Self-awareness, self-aware leader, self-confidence, self-efficacy, wellbeing at work, resilience, employee and organizational citizenship skills, entrepreneurial mindset, leadership development, emotional intelligence in hospitality industry, positive psychology, job crafting.</p>				
<b>Study course methods:</b>	Lectures, workshops, work with literature, self-leadership evaluation, individual and group works, discussions.				
<b>Assessment:</b>	Cumulative assessment approach is used that represents student's work and documents one's performance during the duration of the course. There are 3 assignments (2 individually completed and one pair assignment). All assignments are graded numeric. Study assignments:				
	<b>AS1.</b> Different approaches to understanding oneself and for self-leadership. (Individual assignment, assignment forms <b>15%</b> of the final grade.)				
	<b>AS2.</b> I and master studies (individual assignment, assignment forms <b>25%</b> of the final grade.)				
	<b>AS3.</b> Leader leading oneself (pair assignment, presentation <b>20%</b> and final essay <b>40%</b> of the final grade)				
<b>Requirements for Credits:</b>	1. All students enrolled in this course must be registered in Satakunta University of Applied Sciences' virtual learning environment Moodle -course section.				

	<p>2. Students should complete all given assignments (two individual assignments and one group assignment). Work must be retained until the answer / assessment has been received.</p> <p>3. Positive evaluation of all three assignments should be received.</p>																									
<p><b>Abiding by the Academic Ethics</b></p>	<p>Students must abide by the academic and research ethics, incl.:</p> <ul style="list-style-type: none"> <li>- study papers must be independently developed;</li> <li>- the study work should reference all statements, ideas and data used that have been authored by someone else;</li> <li>- appropriate data acquisition methods should be used in the acquisition of data, the research ethics must be respected, empirical data must be collected independently and cannot be distorted or falsified;</li> <li>- the examination must be carried out by the student independently, without the use of supporting materials and/or consultations with other students, unless the lecturer states otherwise.</li> </ul> <p>In the event of non-compliance with the academic and research ethics, punishment is imposed in accordance with the procedural instructions (ME1216 Cases of fraud) of Satakunta University of Applied Sciences.</p>																									
<p><b>Learning Outcomes; the evaluation methods and criteria</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Learning Outcomes</th> <th style="text-align: center;">The evaluation methods and criteria</th> </tr> </thead> <tbody> <tr> <td colspan="2"><b>Knowledge</b></td> </tr> <tr> <td>Knowledge of individual's role in organizational changes.</td> <td>Written assignment (AS3).</td> </tr> <tr> <td>Understanding the concept of self-awareness in work and study environment.</td> <td>Written assignment (AS2).</td> </tr> <tr> <td>Understanding the "me, myself and I" in the leadership context.</td> <td>Written assignment (AS2).</td> </tr> <tr> <td colspan="2"><b>Skills</b></td> </tr> <tr> <td>Acquiring different tools for stress management and mindfulness. Applying these tools into work and study environment.</td> <td>Written assignment (AS1).</td> </tr> <tr> <td>Planning the path from expert to a leader.</td> <td>Written assignment (AS2).</td> </tr> <tr> <td>Analysing individual's role in organizational changes.</td> <td>Written assignment (AS3).</td> </tr> <tr> <td colspan="2"><b>Competency</b></td> </tr> <tr> <td>Improved entrepreneurial mindset.</td> <td>Written assignment (AS2).</td> </tr> <tr> <td>Ability to understand and plan the process of self-leadership for personal and leadership development.</td> <td>Written assignment and presentation (AS3). Pair-assignment, peer-review and peer-assessment.</td> </tr> </tbody> </table>		Learning Outcomes	The evaluation methods and criteria	<b>Knowledge</b>		Knowledge of individual's role in organizational changes.	Written assignment (AS3).	Understanding the concept of self-awareness in work and study environment.	Written assignment (AS2).	Understanding the "me, myself and I" in the leadership context.	Written assignment (AS2).	<b>Skills</b>		Acquiring different tools for stress management and mindfulness. Applying these tools into work and study environment.	Written assignment (AS1).	Planning the path from expert to a leader.	Written assignment (AS2).	Analysing individual's role in organizational changes.	Written assignment (AS3).	<b>Competency</b>		Improved entrepreneurial mindset.	Written assignment (AS2).	Ability to understand and plan the process of self-leadership for personal and leadership development.	Written assignment and presentation (AS3). Pair-assignment, peer-review and peer-assessment.
Learning Outcomes	The evaluation methods and criteria																									
<b>Knowledge</b>																										
Knowledge of individual's role in organizational changes.	Written assignment (AS3).																									
Understanding the concept of self-awareness in work and study environment.	Written assignment (AS2).																									
Understanding the "me, myself and I" in the leadership context.	Written assignment (AS2).																									
<b>Skills</b>																										
Acquiring different tools for stress management and mindfulness. Applying these tools into work and study environment.	Written assignment (AS1).																									
Planning the path from expert to a leader.	Written assignment (AS2).																									
Analysing individual's role in organizational changes.	Written assignment (AS3).																									
<b>Competency</b>																										
Improved entrepreneurial mindset.	Written assignment (AS2).																									
Ability to understand and plan the process of self-leadership for personal and leadership development.	Written assignment and presentation (AS3). Pair-assignment, peer-review and peer-assessment.																									
<p><b>Course Compulsory literature:</b></p>	<p>Alves, J.C., Lovelace, K.J., Manz, C.C., Matsypura, D. Toyasaki, F. &amp; Ke, K. 2006. A cross-cultural perspective of self-leadership. <i>Journal of Managerial Psychology</i>, Vol. 21(4), 338–359.</p> <p>Bligh, M.C., Pearce, C. L. &amp; Kohles, J.C. 2006. The importance of self and shared leadership in team based knowledge work: a meso-level model of leadership dynamics. <i>Journal of Managerial Psychology</i>, Vol. 21(4), 296–318.</p> <p>Carmeli, A., Meitar, R. &amp; Weisberg, J. 2006. Self-leadership skills and innovative behavior at work. <i>International Journal of Man power</i>, Vol. 27(1), 75–90.</p> <p>Houghton, J.D. &amp; DiLiello, T.C. 2006. Maximizing organizational leadership capacity for the future: toward a model of self-leadership, innovation and creativity. <i>Journal of Managerial Psychology</i>, Vol. 21(4), 319–337.</p>																									

	<p>Levy, S. M., Allen, S. J., &amp; Haber-Curran, P. (2015). <i>Emotionally intelligent leadership: A guide for students</i>. (2nd ed.). San Francisco, California: Jossey-Bass.</p> <p>Neck, C.p. &amp; Houghton, J.D. 2006. Two decades of self-leadership theory and research: past developments, present trends and future possibilities. <i>Journal of Managerial Psychology</i>, Vol. 21(4), 270–295.</p> <p>Yun, S., Cox, J. &amp; Sims, H.P. 2006. The forgotten follower: a contingency model of leadership and follower self-leadership. <i>Journal of Managerial Psychology</i>, Vol. 21(4), 374–388.</p>
<b>Course additional literature:</b>	<p>Frankl, V.E. 2010. <i>Feeling of Meaninglessness: A Challenge to Psychotherapy and Philosophy</i>. Milwaukee: Marquette University Press.</p> <p>Iderhof, J. &amp; Niemantsverdriet, J.W. 2017. <i>Scientific Leadership</i>. Berlin: De Gruyter, Inc.</p> <p>Komives, S.R., Lucas, N. &amp; McMahon, T.R. 2013. <i>Exploring Leadership: For College Students Who Want to Make a Difference</i>. New York: John Wiley &amp; Sons, Inc.</p> <p>Levy, S. M., Allen, S. J., &amp; Haber-Curran, P. 2015. <i>Emotionally intelligent leadership for students: Student workbook</i>. (2nd ed.). San Francisco, California: Jossey-Bass.</p> <p>Pattakos, A. 2007. <i>Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work</i>. Williston: Berrett-Koehler Publishers, Inc.</p> <p>Provitara, M.J. 2012. <i>Mastering Self-Motivation: Bringing Together the Academic and Popular Literature</i>. New York: Business Expert Press.</p> <p>Salicru, S. 2017. <i>Leadership Results: How to Create Adaptive Leaders and High-Performing Organisations for an Uncertain World</i>. Milton, QLD: John Wiley &amp; Sons, Inc.</p>
<b>Course confirmation date:</b>	
<b>Date of course description update:</b>	

### Study Course Plan:

Date*	Theme	Academic hours		Study Form/ Organization of independent work of students and task description
		Contact hours	Independent work hours	
1	Self-awareness, self-efficacy, self-motivation. Insights Discovery -profile.	4	5	Lecture and workshop during intensive week. First assignment explained.
2	Mindfulness and self-mastery, entrepreneurial mindset, resilience.	4	5	Guest lecture during intensive week. Second assignment explained.
3	Self-aware leader, employee and organizational citizenship skills, leadership development.	5	10	Lecture. Discussion. Third assignment explained.
4	Well-being at work, job crafting.	4	5	Lecture. Discussion.
5	Positive psychology.	4	15	Lecture. Guest lecture. Discussion.
6	Emotional intelligence in hospitality industry.	6	8	Lecture, workshop, discussion.



7	Presentations regarding assignment 3.	6	27	Lecture, student workshops.
<b>Hours total:</b>		<b>33</b>	<b>75</b>	

*\*The date is specified before the implementation of the course.*