



Second Edition

Movino Movino

A Guide to Personal and Career Development

Maricel Ilag-Ramos

IMPORTANT REMINDERS

THESE MATERIALS WILL STRICTLY BE FOR REFERENCE/INSTRUCTION PURPOSES ONLY. THE CONTENTS OF THESE MATERIALS SHOULD NOT IN ANY MANNER BE SHARED OR DISTRIBUTED AS RIGHTS TO ITS ACCESS IS SOLELY GIVEN TO THE REQUESTING CLIENT. PLEASE USE PROPER CITATION/ATTRIBUTION WHEN USING THESE MATERIALS.

















CONTENTS

Tatak Phoenix, v Margan Hood was Hagor HA Hammal Introduction, vii
Acknowledgments, ix

Chapter 10

UNIT 1 SELF-DEVELOPMENT

Chapter 1 Let Us Have a Quick Look: An Overview of Human Development, 2

Chapter 2 I Have Got to Be Me: Self-Discovery and Identity, 11

Chapter 3 I Am Whole and Steady: Wholeness and Balance in Life, 25

Chapter 4 Yes, I Can: Independence and Responsibility, 43

Chapter 5 Oh, Dear Life: Awareness of Different Life Demands, 61

UNIT 2 ASPECTS OF PERSONAL DEVELOPMENT

Chapter 6 The Workings of the Brain: Powers of the Mind, 74
Chapter 7 The Art of Being Okay: Being Well, 87
Chapter 8 Stress-Busting in Middle and Late Adolescence, 101
Chapter 9 Expressing Emotions: What Is Your Emotional Quotient?, 117

UNIT 3 BUILDING AND MAINTAINING RELATIONSHIPS

Chapter 11 My Growing Circle: Building Social Ties, 143

Chapter 12 Attraction, Love, and Commitment: Building Personal Relationships, 159

My Inner Circle: Nurturing Family Ties, 128

IMPORTANT REMINDERS

THESE MATERIALS WILL STRICTLY BE FOR REFERENCE/INSTRUCTION PURPOSES ONLY. THE CONTENTS OF THESE MATERIALS SHOULD NOT IN ANY MANNER BE SHARED OR DISTRIBUTED AS RIGHTS TO ITS ACCESS IS SOLELY GIVEN TO THE REQUESTING CLIENT. PLEASE USE PROPER CITATION/ATTRIBUTION WHEN USING THESE MATERIALS.

UNIT 4 CAREER DEVELOPMENT

Chapter 13 Exploring the World of Work: Creating the Future, 176

Chapter 14 Choosing a Career: Preparing for the Future, 185

Chapter 15 Putting It All Together: Looking at the Big Picture, 195

References, 205

HE C. SELF DEVELOPMENT

wa regions on his Despite the publisher's care and attention, content to volume if the provided and the Smith of the Joyne M. I have Smith of the publisher assumes no responsibility for the acturacy content actually content and the same of the sa

constraint course, to the state of a motor state to state at the bota takes algund the present of the state o

2 ASPECTS OF PERSONAL DEVELOPINENT

Chapter 8 Stress-Busting in Middle and Late Adolescence, 101

Stress-Busting in Middle and Late Adolescence, 101

or hated took or

hapter 9 Expressing Emotions: What is Your Emotional in April 117 Outlent?, 117 Outlent?, 117 Outlent?, 117

JULES BUILDING AND INAINTAINING RELATIONSHIPS

Chapter 10 My Inner Circle: Nurturing Family Ties, Mapter 11 My Growing Circle: Building Social Ties, 1

Attraction, Love, and Commitment: Building

IMPORTANT REMINDERS