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# University of Pretoria Yearbook 2022

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## Personal development and life skills training 150 (JLO 150)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Education</a>
<b>Module credits</b>	12.00
<b>NQF Level</b>	05
<b>Programmes</b>	<a href="#">Higher Certificate in Sports Sciences</a>
<b>Prerequisites</b>	Admission to the relevant programme.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Humanities Education
<b>Period of presentation</b>	Semester 1

### Module content

The main focus of this module is on personal development and therefore the question: “Who am I?” is posed. The content is designed to focus on the student as individual and on the various factors that influence individual development. Students are guided to develop relevant knowledge, intrapersonal skills and attitudes to display resilient behaviour.

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