

# **WBL251 Building Resilience with Agility Learning**

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY REGULAR SEMESTER

## **Synopsis:**

This course introduces students to the concept of resilience, exploring various variables that define resilience in achieving positive outcome in life and deploying various learning approaches in different settings to maximize opportunities for learning and self-reflection. It equips students to exercise flexibility in behaviors or approaches to respond to changes and evolving contexts especially in today's digital era. Agility learning helps students to implement different learning approaches to test strengths and weaknesses for own learning goals and measure their impact on the achievement of career goals. Students will be taught and exposed to different learning approaches that can enable them to engage actively in continuous learning across different contexts to drive self-development and achieved their long-term career goal. This prepares them to respond and react to changes efficiently as a result of technological and economic disruptions. Students will also be introduced to key approaches, such as optimism, self-regulation and cognitive agility to increase their resilience capacity when faced with problems.

## **Topics:**

- Basic Human Being Needs
- Definition and Concept of Resilience
- Introduction to Agility Learning
- Managing Yourself
- Risk Analysis and Mitigation Strategies
- Learn and Unlearn in this Digital Era
- Thinking Traps and Cognitive Adaptability
- Skills of Self-awareness and Self-development
- Stress and Performance Outcome
- Connecting with Others and to a Purpose
- Motivation for Change
- Social and Community Support

## **Learning Outcome:**

- Understand the concept of Resilience and Agility Learning
- Evaluate different learning modes to identify suitable systematic learning approaches and learning abilities
- Examine various creative solutions and strategies to address challenges arising from changes and evolving contexts
- Identify areas of strengths and development needs by internalizing experiences, feedback and knowledge acquired
- Apply appropriate questioning techniques in different settings to acquire new skills and knowledge
- Evaluate the current and emerging learning trends, approaches and theories to recommend improvements to learning approaches and initiatives

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-COURSE QUIZ 1	5
	TUTOR-MARKED ASSIGNMENT 1	20
	GROUP BASED ASSIGNMENT 1	25
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.