

Management Skills- Notes

Foundations of Self Knowledge and Understanding

Self-Awareness

Self-awareness refers to the concept of an individual being aware of the values, beliefs, motivations, preferences and personality factors that determine their behaviour and influence decision making

Self-awareness helps foster development and well-being.

Personality

Personality refers to an internal characteristic that determines how individuals behave in various situations

Personality relates to enduring patterns of individual behaviour, ways of thinking and feeling that establish individual differences. Recent studies suggest that more than half of our personality genetically determined!

Personality Theories

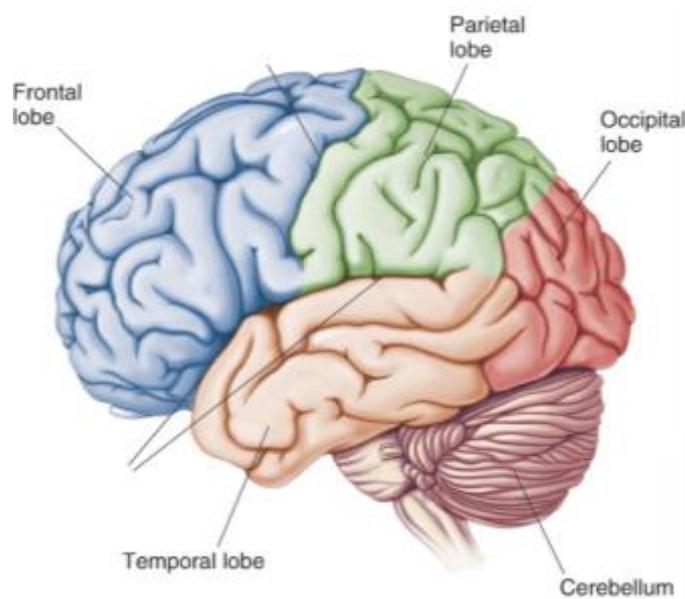
There are numerous personality theories including:

1. Trait theory → the concept that personality is composed of five major traits including agreeableness, conscientiousness, emotional stability, openness and extraversion
2. Psychodynamic theory → the idea that personality is determined by unconscious determinants of behavior
3. Humanistic theory → the idea that personality emphasizes individual growth and improvement
4. Integrative approach → states that personality is a composite of an individual's psychological processes

The Human Brain

The human brain is by far the most complex and highly organized structure of the body, and allows individuals to think, move, feel, see, hear, taste, and smell

The brain produces electrical signals, which together with chemical reactions enables different parts of the body communicate.



1. Cerebellum

The cerebellum is the largest division of the brain – it is divided into two hemispheres, each of which is divided into four lobes

2. Frontal Lobe

The frontal lobe is located deep into the frontal bone of the skull. The frontal lobe plays an integral part in memory formation, emotions, decision making and personality

3. Parietal Lobe

The parietal lobe plays a major role in senses and integrated sensations, and special awareness and perception

4. Occipital Lobe

The primary function of the occipital lobe is processing, integration and interpretation of visual stimuli

5. Temporal Lobe

The primary function of the temporal lobe is hearing, the organization/comprehension of language, and information retrieval

Inside the temporal lobe is the Wernicke's Area → this is the specific part of the temporal lobe that deal with language comprehension

Men vs. Women learning Styles

	MEN	WOMEN
<i>Temporal lobe: this region of the cerebral cortex helps control hearing, memory and a person's sense of self and time.</i>	In cognitively normal men, a tiny region of the temporal lobe behind the eye has about 10% fewer neurons than it does in women.	Women have more neurons in this region, which understands language as well as melodies and speech tones.
<i>Corpus callosum: this bundle of neurons is the main bridge between the left and the right hemispheres, carrying messages between them.</i>	A man's corpus callosum takes up less volume in his brain than a woman's does, suggesting the two hemispheres communicate .	In women, the back part of the callosum is bigger than in men. That may explain why women use both sides of their brains for language.
<i>Anterior Commissure: this collection of nerve cells also connects the brain's two hemispheres . It is smaller and appeared earlier in evolution than corpus callosum.</i>	In men, the commissure is smaller than it is in women, even though men's brains are, on average, larger than women's.	The larger commissure in women may be another reason their two cerebral hemispheres seem to work in partnership on tasks from language to emotional responses.