TMC121 Total Man Concept II (1 Unit)

Department of Political Science and International Relations

Covenant University
1. TMC121
1.1. TMC121 Total Man Concept II (1 Unit)

Introduction to Total man Concept (Part 2). This course focuses on the exploration of self as it relates to self-discovery and the context of the changing life course and stages. It attempts to help students have some understanding of who they are in relation to God and the context of human systems. The spiritual, physical, psychological, cultural and ecological dimensions of self and the development of positive self-image, self-esteem and self-actualisation parameters are also explored.