Personality Development

Total hours: 30 hours

course code :MTMSO01

Course evaluation: Written Exam- 50 marks & Internal evaluation- 25 marks

Course Description

This course provides to enhance one's ability to be fully aware by helping oneself to overcome all fears, insecurities and to grow fully from inside out and outside.it helps to increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.it provide opportunity for realizing one's potential through practical experience. It helps to develop interpersonal skills and adopt good leadership behavior for empowerment of self and others.

Course Learning Outcomes

1. Gain Self Competency and Confidence
2. Attaining knowledge of necessary life skill for the application in everyday
3. Practice Emotional Competency
4. Equip with the quality of addressing issue relevant to the life situations
5. Gain Intellectual Competency
6. Gain an edge through Professional Competency
7. Aim for high sense of Social Competency
8. Establish productive interpersonal relationships with others
9. Be an integral Human Being

Syllabus

MODULE I :INTRODUCTION TO PERSONALITY DEVELOPMENT (7hours)

1. Introductions to personality.
2. Influences on personality development.
3. Social development

MODULE I I: INTRODUCTION TO LIFE SKILL DEVELOPMENT (7hours)
1. Introduction to life skill
2. Componillsents of life sk
3. Need for Life skill development.
4. Core life skills-
5. Thinking skills- Creative and Critical Thinking

MODULE I I I COMMUNICATION SKILL (8hours)

1. Listening: Techniques of effective listening
2. Speaking: Pronunciation,Vocabulary,Fluency, Common Errors
3. Effective use of Social Media: Introduction to social media websites, Advantages of social media, Ethics and etiquettes of social media, Effective ways of using Social Media

MODULE IV Emotional skills (8hours)

1. Emotional skills
2. Stress and Strain,
3. Coping Strategies,
4. Conflict resolution: Steps and stages

Reference:

Dahama O.P., Bhatnagar O.P, (2005). Education and Communication for Development, (2nd

Edn.), Oxford& BH Publishing Co. Pvt. Ltd. New Delhi. 8. Debra McGregor, (2007).Developing

Thinking; Developing Learning - A guide to thinking skills in Education, Open University Press,

New York, USA