

PERSONALITY DEVELOPMENT

Subject Code: FC 1032

Semester: I (UG)

Credit: 1

No. of Hours / Week: 3

Course Outline:

This formation programme provides a space for the students to know themselves (know thyself) better and shape their personality with positive traits and multiple intelligence. The central focus of this formation programme is intra-personal development. The students will undergo intellectual and values-centered formation through which they will be able to: identify their own potentials and limitations; apply ethical and moral principles in personal and professional forefronts; and develop a positive outlook towards humanity.

Course Objective:

- Know themselves better
- Identify their own potentials and accept their own limitations
- Consciously overcome their limitations and move towards self esteem
- Maximise their own potential in enabling a holistic development

UNIT I: Self – knowledge

1. Exploring habits, attitudes, preferences and experience
2. Becoming aware of strengths and weaknesses, talents and problems, emotions and ideas
3. Identifying the optimum means of improving personal performance
4. Identifying areas of expertise and use these to solve problems in new contexts
5. Knowing your ambitions, goals, and values
6. Understanding feelings and emotions: primary feelings and secondary feelings, Self regulating emotions
7. IQ, EQ, SQ, MI

UNIT II: Self management

1. Understanding of life story
2. Focusing on Internal narratives
3. Managing change, confusion and uncertainty
4. Sharpening the Intellect
5. Schooling the mind
6. Socializing the individual

Unit III: Academic coping strategies

1. Memory
2. Art of listening
3. Note making
4. Seminar presentation
5. Art of learning and writing guidelines
6. How to study

7. Time management
8. Receptive skills
9. Classroom etiquettes
10. Cyber knowledge

UNIT IV: Personal Competence and Maturity

1. Motivation
2. Developing rapport
3. Giving and receiving constructive criticism
4. Assertiveness and negotiation skills
5. Leadership

Unit V: Integrated Personality Development

1. Recognizing the gradual growth in different dimension of one's personality such as (a). Physical (b). Intellectual (c). Emotional (d). Moral (e). Social and (f). Spiritual
2. Learning the Development process- Tools and Skills
3. Helping to maximize one's potentials
4. Enhancing one's self image, self-esteem and self- confidence