

Bachelor of Arts

Syllabus for Core Component (CC) Foundation Courses (English Medium) Semester II

Old Syllabus	Proposed Syllabus
Title of the Paper: Personality Development	Title of the Paper : Personality Development
Subject Code 230300	Subject Code 10303

PAPER TITLE	L	Cr	P/T	D (EE)	EE	IE	T
Personality Development	4	4	--	2.5	75	25	100 marks

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration, EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
<p>Objectives: To orient the students about the concept and importance of personality development.</p> <ul style="list-style-type: none"> -To sensitize the students on moral, ethical and leadership qualities. -To upgrade the students skills in presentation, listening and negotiation -To provide insights on management of Conflict, time, Stress and human relations <p>Learning Outcomes:</p> <p>Factors affecting personality</p> <p>-Personality development grooms an individual</p> <ul style="list-style-type: none"> - will help students build skills in presentation, listening and negotiation -Students will get insights on management of conflict, time, Stress and human relations 	<p>Objectives:- To orient the students about the concept and importance of personality development</p> <ul style="list-style-type: none"> -To be able to identify one's own strengths and weaknesses -To sensitize the students the importance of moral, ethical values in personality development , - To enhance team building and leadership skills -To build students skills in presentation and listening -To familiarize them with coping mechanisms related to conflict, stress and anger management -To introduce them to steps to career planning <p>Learning Outcomes:</p> <p>At the end of the course, the students will be able to gain knowledge on:</p> <ul style="list-style-type: none"> --how Personality development grooms an individual --Factors affecting personality development --Develop self- realisation -- skills for building a character -- help students to speak clearly and fluently with a positive approach. and learning some etiquettes and manners -- knowledge about career planning --Develop time management and stress management -Students will be understanding basic personality traits, including values, beliefs, and nature versus nurture

Old Syllabus		Proposed Syllabus							
Unit1	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weightage	Instruction Time	Credits	Evaluation	
								IE Weightage	EE Weightage
I)	Personality Development: -Concept of personality development -Role of moral, ethics & values in the development of the individuals -Leadership skills -Presentation skills -Listening and negotiation skills	I) Introduction to Personality Development	-To realise the importance of Personality development as to how it grooms an individual. and expectations -To upgrade the student skills on leadership, presentation skills --To be able to identify one's own strengths and weaknesses	Concept of personality development. -Role of moral, ethics & values in the development of the individuals - self SWOC Analysis -Leadership qualities and Team Building -Presentation skills -Listening skills	25	15	1	5	20
II)Personality with Strong Character:	-Role of Heredity and Environment in individual Development -Building a Character -Public and	II) Building a Character	--To realise that how Personality influences what we think, our beliefs, values and	-Role of Heredity in individual Development -Role of Environment in individual Development -Personal Grooming	25	15	1	5	20

	human relations		-- To help inculcate positive qualities like punctuality, flexible attitude, willingness to learn, friendly nature, eagerness to help others						
III) Management of conflicts and stress in individual and public domain	Conflicts management - the use of coping mechanisms -Stress management- how to reduce stress and fear? -Efforts towards communal harmony and peace	III) Management of conflicts and stress in Individual	-To help them understand Personality development goes a long way in reducing stress and conflicts -Personality development helps you develop a positive attitude in life	-Conflicts management -Stress management- how to reduce exam stress and fear -Anger Management	25	15	1	5	20
IV) Career planning	Realistic goal setting -Time management . -Art of Facing Interviews . -Significance of personality Test & Aptitude tests	IV) Career planning	To impart relevant knowledge, sharpen the requisite skills and orient students for facing interviews	-Aptitude Tests ; competitive exams-scope -Realistic Goal setting -Time Management -Art of facing Interviews	25	15	1	5	20

Evaluation Scheme:

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A. Internal Exams: Total Marks: 25

1. Written Test (10 Marks) .
2. Project: It can be a scrap book on coping mechanisms poster presentations ,film screening report, role play etc. . (25)

B. External Exams: Total Marks: 75

The pattern of the written exam as suggested can be as follows:

A total of 7 questions each for 15 marks will be asked

The following type of questions may be asked:

Q.1A- One line questions based on GK pertaining to the topic for 10 marks(compulsory)

Q.1B- Explain in short-- definitions, terms etc. for 5 marks (compulsory)

Q. 2 to Q.7 Long Answers of 15 marks each . students have to write any 4

References:

Essential Reading:

References:

Shankar, Uday 1981: Personality Development. Delhi

Chandra, M.S. Satish: Conflict Management. Delhi. Rajat publication, 1999.

Charlesworth, Edward & Nathan, R.G.: Stress Management. [A Comprehensive~ Guide To Weillness] New York, Ballantine Books, 1991.

Clege.. Brian: Instant Stress Management. New Delhi: Kigan Page, 2000.

Harigopal, K.: Conflict Management : Managing Interpersonal Conflict. New Delhi. Oxford & IBH Publication, 1995.

.
Barun K. Mitra , Personality Development and Group Discussions Oxford University Press
Career Digest

Additional Reading:

Sharma Robin S .,The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams and Reaching Your Destiny

Morgenstern Julie ,Time management from inside out, Owl Books (NY), ISBN13 9780805075908.

Napoleon Hill, Think and Grow Rich

Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans

Pausch Randy ,The Last Lecture: Achieving Your Childhood Dreams

Stephen R. Covey, The Seven Habits of Highly Effective People