

### **SBE III: PERSONALITY ENRICHMENT**

Credits : 2

Hours : 30

*Objective: To improve the self awareness, motivation and decision making skills.*

#### **UNIT – I**

##### **Introduction**

- Definition of Personality - Components of Personality – structural and functional aspects
- Determinants of Personality – biological, psychological and socio-cultural factors.
- Assessment of Personality – observation, interview and psychological tests.
- Misconceptions and Classifications - Need for personality development

#### **UNIT II**

##### **Self Awareness and Self Motivation**

- Self analysis through SWOT and Johari window.
- Elements of motivation - Seven rules of motivation.
- Techniques and strategies for self motivation.
- Motivation checklist and Goal setting based on the principle of SMART.
- Self motivation and life.

#### **UNIT III**

##### **General Knowledge and Current Affairs**

- Regional, National and International events - Geographical, political and historical facts.
- Information on sports and other recreational activities.
- Basic knowledge with regard to health and health promotion

#### **UNIT IV**

##### **Memory, decision making and study skills**

- Definition and importance of memory - Causes of forgetting
- How to forget (thought stopping), how to remember (techniques for improving memory)
- The technique of passing exams.
- The rational decision making process - Improving creativity in decision making and components of creativity.

#### **UNIT V**

##### **Power of positive thinking**

- Thinking power- seven steps for dealing with doubt -Traits of positive thinkers and high achievers - Goals and techniques for positive thinking - Practicing a positive life style.

##### **Practical Training**

The course would include the following practical exercises.

Ice-breaking, brainstorming and stimulation exercises. Thought stopping. Memory and study skills training.

##### **BOOKS RECOMMENDED:**

- a) Mile, D.J. (2004) Power of positive thinking, Delhi, Rohan Book Company.
- b) Pravesh Kumar (2005), all about self motivation, New Delhi, Goodwill Publishing House.
- c) Dudley, G.a (2004), Double your learning power, Delhi, Konark press, Thomas Publishing Group Ltd.
- d) Lorayne, H. (2004), How to develop a super poser memory, Delhi, Konark Press, Thomas Publishing Group Ltd.
- e) Hurlock, E.B. (2006), Personality Development, 28<sup>th</sup> Reprint, New Delhi, Tata McGraw Hill.