

Personality Development

Course Code: **UEC000004T**

Course Title: Personality Development

Semester : I

Credits : 02

Rationale:

Students who wants to work upon and improvise their overall personality and interpersonal skills can opt for personality development training. This training helps to build self-confidence which is essential to deal with your daily encounters both personally and professionally.

Course Outline

Contents	No. of Lectures
Unit I: Introduction to Personality Development The concept of personality, Dimensions of personality, Theories of Freud & Erickson, Significance of personality development.	5
Unit II: Success and Failure The concept of success and failure : What is success?, Hurdles in achieving success, Overcoming hurdles, Factors responsible for success, What is failure?, Causes of failure. SWOT analysis.	5
Unit III: Attitude Self-Esteem Attitude: Concept, Significance, Factors affecting attitudes, Positive attitude and its Advantages, Negative attitude and its Disadvantages, Ways to develop positive attitude.	5
Unit IV: Self esteem Term self-esteem, Symptoms, Advantages, Do's and Don'ts to develop positive self-esteem: Low self-esteem, Symptoms, Personality having low self esteem. Positive and negative self esteem.	5
Unit V: Other Aspects of Personality Development Body language, Problem-solving, Conflict and Stress Management, Decision making skills, Leadership and qualities of a successful leader, Character building Team-work, Time management, Work ethics, Good manners and etiquette.	5

Course Outcomes

Upon successful completion of this course, candidates will be able to

1. Realize their potential to the fullest and to bring the best out of them professionally, socially, economically and emotionally.
2. With the help of personality development course, one can identify one's weak and strength areas and work upon oneself to improve and become the best version of oneself.

Handwritten signatures:
Shahri
P. R. S.

Text Books:

1. Hurlock, E. B (2006). *Personality Development*, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge (2014), *Organizational Behavior* 16th Edition: Prentice Hall.

Reference Books:

1. Lucas, Stephen (2001). *Art of Public Speaking*. New Delhi. Tata McGraw Hill.
2. Mile, D.J (2004). *Power of Positive Thinking*. Delhi. Rohan Book Company.
3. Pravesh Kumar (2005) . *All about Self-Motivation*. New Delhi. Goodwill Publishing House.
4. Smith, B . (2004) *Body Language*. Delhi: Rohan Book Company.

hahli
one

for the
signature