

Name of the Course	Personality Development
Course Code	PED-111
Credit Hours	3
Objectives	<ol style="list-style-type: none"> 1. To introduce the psychological /cognitive and managerial aspects of the personality. 2. To develop an understanding about the role of communication skills in personality development, and to clench personal and team forces at work. 3. To teach the factors really affect the personality of an individual and organizational behavior. 4. To teach students to survive and bring innovation and change in the society.
Contents	<p>Unit-I Introduction</p> <ol style="list-style-type: none"> 1.1 Define personality 1.2 Determinants of personality development <p>Unit-II Perception</p> <ol style="list-style-type: none"> 2.1 Definition 2.2 Perceptual process <p>Unit-III Factors of association</p> <ol style="list-style-type: none"> 3.1 Relationship 3.2 Personality traits 3.3 Developing effective habits 3.4 Emotional intelligence <p>Unit-IV Self esteem</p> <ol style="list-style-type: none"> 4.1 Self-assessment 4.2 Self-appraisal & self-development 4.3 Sigmund Freud Id, ego & superego 4.4 Self-esteem and Maslow 4.5 Self Esteem & Erik Erikson 4.6 Mind mapping <p>Unit-V Effective communication & Its key aspects</p> <ol style="list-style-type: none"> 5.1 Assertiveness 5.2 Decision making skills 5.3 Conflict: Process & resolution 5.4 Leadership & qualities of successful leader 5.5 Interpersonal relationship 5.6 Effective speech, understanding body language, projective positive body language <p>Unit-VI Attitude</p> <ol style="list-style-type: none"> 6.1 Concept 6.2 Significance 6.3 Factors affecting attitudes 6.4 Positive attitude–advantages 6.5 Negative attitude-disadvantages

	<p>6.6 Ways to develop positive attitude</p> <p>Unit-VII Stress & time management</p> <p>7.1 Stress management: Introduction</p> <p>7.2 Causes</p> <p>7.3 Stress management techniques</p> <p>7.4 Importance of time management</p> <p>7.5 Techniques of time management</p> <p>7.6 Time management styles</p>
Teaching & Learning Strategies	A combination of lecturing, class participation, and discussions will be used to conduct the course. Students will be expected to read extensively ahead of each class session and actively participate in discussions.
Assignments	Project (10 marks), presentation (5 marks) and quiz (10 marks)
Recommended Reading Material	<p>Canny, A. (2019). <i>Emotional intelligence: Simple ways to fix your EQ</i>. Mariusz Bernacki (Independently Published).</p> <p>Cervone, D., & Pervin, L. A. (2015). <i>Personality: Theory and research</i> (14th ed.). New York: John Wiley & Sons, Inc.</p> <p>Chhabra, S. (2016). <i>Time management - stress management, life management: Ideas, tools, tips, hints and habits, time management tools, productivity resources and techniques</i>. Createspace Independent Pub.</p> <p>Ludden, M. (2002). <i>Effective communication skills: Essential skills for success in work and life</i>. Indianapolis, Ind: JIST Works.</p> <p>Shaffer, D. R. (2009). <i>Social and personality development</i> (6th ed.). Australia: Cengage Learning.</p> <p>Twenge, J. M., & Cambell, W. K. (2017). <i>Personality psychology: Understanding yourself and others</i>. New Delhi: Pearson Education.</p>

Assessment and Examinations:

Sr.#	Elements	Weightage	Details
1	Midterm Assessment	35%	Written test (at the mid-point of the semester)
2	Formative Assessment	25%	Project, presentation and quiz
3	Final Assessment	40%	Written test (at the end of the semester)