Name of the Course	Personality Development
Course Code	**PER-501**
Credit Hours	**3**
Objectives	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	**Unit-I Introduction** 1.1 Define personality 1.2 Determinants of personality development **Unit-II Perception** 2.1 Definition 2.2 Perceptual process **Unit-III Factors of association** 3.1 Relationship 3.2 Personality traits 3.3 Developing effective habits 3.4 Emotional intelligence **Unit-IV Self esteem** 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 **Unit-V Effective communication & Its key aspects** 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 **Unit-VI Attitude** 6.1 Concept 6.2 Significance 6.3 Factors affecting attitudes 6.4 Positive attitude–advantages

	6.5 Negative attitude-disadvantages 6.6 Ways to develop positive attitude
	Unit-VII Stress & time management 7.1 Stress management: Introduction 7.2 Causes 7.3 Stress management techniques 7.4 Importance of time management 7.5 Techniques of time management 7.6 Time management styles
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	Canny, A. (2019). *Emotional intelligence: Simple ways to fix your EQ*. Mariusz Bernacki (Independently Published). Cervone, D., & Pervin, L. A. (2015). *Personality: Theory and research* (14th ed.). New York: John Weliy & Sons, Inc. Chhabra, S. (2016). *Time management - stress management, life management: Ideas, tools, tips, hints and habits, time management tools, productivity resources and techniques*. Createspace Independent Pub. Ludden, M. (2002). *Effective communication skills: Essential skills for success in work and life*. Indianapolis, Ind: JIST Works. Shaffer, D. R. (2009). *Social and personality development* (6th ed.). Australia: Cengage Learning. Twenge, J. M., & Cambell, W. K. (2017). *Personality psychology: Understanding yourself and others*. New Delhi: Pearson Education.