

## **SEC4-L Personality Development**

### **UNIT-1: PERSONALITY**

- Concept and Role of Personality: Definitions,
- Factors affecting personality

### **UNIT -2: TRAITS**

- Personality Traits
- The 7 habits of highly effective people

### **UNIT -3: FIVE PILLARS OF PERSONALITY DEVELOPMENT**

- Introspection,
- Self- Assessment,
- Self-Appraisals,
- Self-Development,
- Self-Introduction

### **UNIT -4: CORE ASPECT OF PERSONALITY: SELF**

- Self Esteem and Personality Development: Definitions,
- Negative and Positive Self Esteem

### **UNIT -5: ASSESSMENT TECHNIQUES**

- Personality Development and its Applications: Mind mapping, Competency mapping, 360-degree assessments

### **Unit -6: DEVELOPMENT PROCESS**

- Development of an Ideal Personality: Communication, Decision making, Ethics, Time management