

SEC4-L II Personality Development

Semester 6

Objectives

1. To introduce students to the core concept of self in personality development, including self-esteem and its role in shaping personality.
2. To familiarize students with modern personality assessment techniques such as mind mapping, competency mapping, and 360-degree assessment.
3. To develop essential life skills required for building an ideal personality, including communication, decision-making, ethics, and time management.

Expected Outcomes

1. Students will be able to understand the concept of self-esteem and differentiate between positive and negative self-esteem.
2. Students will be able to explain and apply various personality assessment techniques in personal and professional contexts.
3. Students will develop key life skills such as effective communication, ethical behaviour, decision-making, and time management for overall personality development.

Unit-IV: Core Aspect of Personality: Self

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

Unit-V: Assessment Techniques

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

Unit-VI: Development Process

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