



COURSE CODE

NAME OF THE COURSE

CVAC020

PERSONALITY DEVELOPMENT

OFFERED BY

COMPUTER SCIENCE

ABOUT COLLEGE

COURSE COORDINATOR

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Department of
Computer Science

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

- It helps to understand personality traits and formation and vital contribution in the world of business
- The course makes the students aware about the various dynamics of personality development
- It helps to attain self-confidence, positive attitude, emotional intelligence, social grace, flexibility, friendliness and effective communication skills.

COURSE MODULE

Module I: Basics of Personality Development
Module II: Factors affecting Development
Module III: Personality Development

SYLLABUS

MODULE I

Define Personality, Determinants of Personality Development, Types of Personalities – Introvert, Extrovert & Ambivert person, Key aspects Perception – Definition, Perceptual Process, Factors of Association – Relationship, Personality Traits, Developing Effective Habits, Emotional Intelligence, Interpersonal Relationship, Spiritual journey beyond management of change. (10 Hours)

MODULE II

Motivation, Introspection, Self-Assessment, Self-Appraisal & Self-development, Sigmund Freud Id, Ego & Super Ego, Self Esteem, Mind Mapping, Competency Mapping, Assertiveness, Decision making skills, Conflict: Process & Resolution, Understanding and managing emotions, Leadership & Qualities of Successful Leader. (10 Hours)

MODULE III

Good manners & Etiquettes, Effective Communication, Understanding Body language, projective positive body language, Attitude - Concept -Significance -Factors affecting attitudes – Positive attitude–Advantages –Negative attitude-Disadvantages – Ways to develop positive attitude, Stress Management - Introduction, Causes, stress management techniques, Time management - Importance of time management, Techniques of time management, Time management styles. (10 Hours)