Spiritual  Emotional  Mental  Social  Physical

Personal Development

CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A' grade

| COURSE CODE | NAME OF THE COURSE |
|---|---|

**CVAC020**

## PERSONALITY DEVELOPMENT

**OFFERED BY**

COMPUTER SCIENCE

### ABOUT COLLEGE

**COURSE COORDINATOR**

Joju Sebastian
Department of
Computer Science

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been aplace 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 Collge is house 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

Fr. Dr. Jolly Andrews
Assistant Professor-
In-charge of Principal
Christ College (Autonomous)
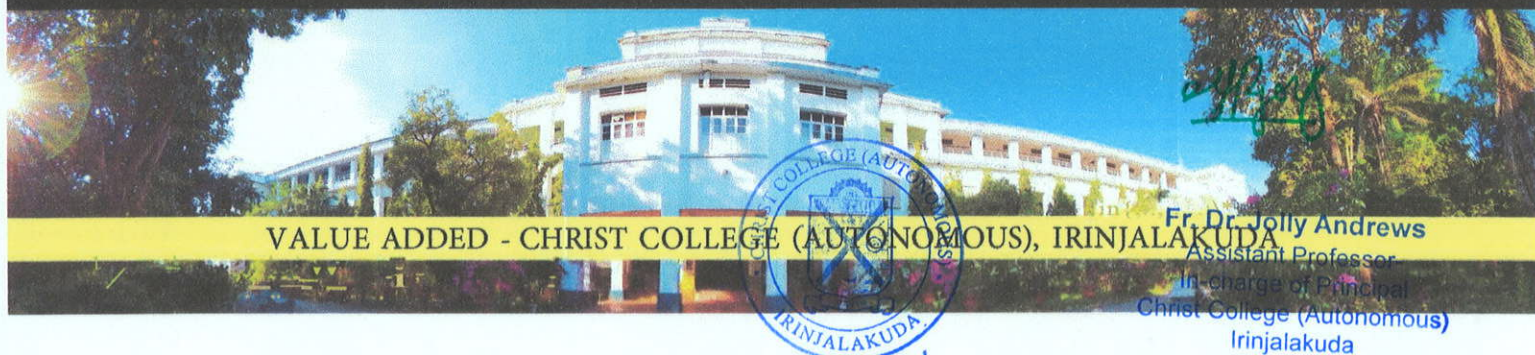Irinjalakuda
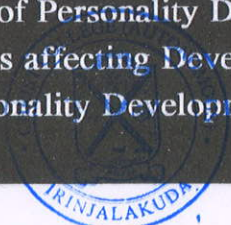
## MODULE I

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)

VALUE ADDED - CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

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