

DETAILED SYLLABUS OF VALUE ADDED AUDIT COURSE

For Post Graduate Programmes of Dibrugarh University

(Designed by CSAP, DU)

Course Code	:	VAC PSY-2
Title of the Course	:	PERSONALITY DEVELOPMENT
Nature of the Course	:	Value Added/Add-On Course
End Semester	:	30 Marks
In Semester	:	20 Marks
Total Credits	:	2
Distribution of Credits:		L(28) + T(2) + P(2) = 32

COURSE OBJECTIVES: The objectives of this Course are to -

- identify the various types of personality and the skills required for the development of personality
- introduce the concept of life skill and its components in relation to personality development of an individual.

UNITS	CONTENTS	L	T	P
1 (15 marks)	INTRODUCTION 1.1 Meaning and nature of personality 1.2 Definition of personality 1.3 Various types of personality (Jung's classification, Eysenck's division, Five factor model of personality) 1.4 Techniques of personality development <ul style="list-style-type: none">○ Communication Skills (Listening , Communication Barriers, overcoming the communication Barriers)○ Leadership skills (Leadership styles, Group Dynamics, Team building skills)○ Stress management (Causes of stress, impact of stress and managing stress)○ Interpersonal relationship (Analysis of ego states, transactions and Life positions)	16	1	
2 (15 marks)	LIFE SKILLS: 2.1 Thinking skills: <ul style="list-style-type: none">○ Decision making○ Goal setting and motivation○ Positive thinking○ Overcoming doubt, fear, procrastination and perfectionism○ Problem solving and creativity.	12	1	4

	2.2 Promoting healthy personality - Developing self confidence and self efficiency and time management. 2.3 Anger management, Relaxation training. 2.4 Designing life skill interventions.			
	Total	28	2	4

Where,

L: Lectures

T: Tutorials

P: Practicals

MODES OF ASSESSMENT:

- Sessional Exams = **10 marks**
- Students shall have to choose any one/two of the following suggested activities in a semester for their in-semester assessment. = **10 marks**
 - Seminar presentation on any of the relevant topics from the syllabus
 - Case study presentation on any of the relevant topic
 - Poster making and presentation
 - Debates and discussion on any topic
 - Discussion based on screening of a movie.

LEARNER OUTCOMES: After completion of the course the learner will be able to:

- explain the meaning and nature of personality along with the skills required for personality development.
- identify and apply the concept of life skill and its components for the development of an individual personality.

READING LIST:

1. Burnard, P., (1999). *Interpersonal Skills- A source book of activities*. New Delhi: Viva Publishers Pvt. Ltd.
2. Buss, D. M., & Larsen, R. J., (2009). *Personality Psychology: Domains of Knowledge About Human Nature*. NJ: McGraw-Hill Humanities.
3. Corr, P. J., & Gerald Matthews, G., (2009). *The Cambridge Handbook of Personality Psychology*. Cambridge : Cambridge University Press.
4. Dan P. Mc Adams D. P. (2008). *The Person: An Introduction to the Science of Personality Psychology*. Wiley.
5. Friedman, H. S., & Schustack, M. W., (2009). *Personality: Classic Theories and Modern Research*. 4/E. NY: Pearson.
6. Pervin, L. A., (2002). *Science of Personality*. (2nd edition.). USA: Oxford University Press.
7. Prakash, B., (2003). *Adolescence and life skills*. Common Wealth Youth Program, Asian Center, Common Wealth Secretariat. New Delhi: Tata McGraw Hill.
