

Life skill and Integrated Human Values

Programme: MA (VAC)

Course No.:

Title of the Course: Life skill and integrated Human Values

Total Credits: 2

Total contact hours = 30

Marks distribution: In – semester: 20 End- semester: 30

Course Overview:

This course aims at imparting knowledge and skills to the students in the concepts of integrated human values and how to present their self in society. Social presentation of self and development of a social self goes through certain social processes such as social interaction, identity formation, impression management, pro social behaviour and so on. This course will try to cover all of these to give the understanding to students on how we can apply these in practical fields.

Objective:

1. Familiarize students with core human values and help them in developing several skills such as leadership skills, time management skills, persuasion skill, negotiation skills etc.
2. Integrate personal values for effective presentation of self in society through different techniques to face interview and presentations.
3. Preparing students for Personal branding and how to present oneself in social media.
4. Familiarize students with professional ethics and etiquette

Learning Outcomes: After completing the course, the students will able to develop:

1. **Strategic decision making in presenting their real self and ideal self in society as well as in social media.**
2. Human perceptions and judgments on right and wrong doings leading to ethical behaviour.
3. The understanding on positive attitude and its relation with motivation.
4. The essentials of developing leadership skills.
5. Students will be able to understand and manage their emotions and how it is related to behaviour modification.
6. Ability to align personal values and morals with professional ethics and identity.
7. Networking skills to build meaningful professional relationships and branding.

Units:

Unit	Topic	Credits	Contact hours
I	<p>Integrated human values to succeed in life</p> <p>1.1 Lessons on integrated human values</p> <p>1.2 Effective social interaction and developing leadership skills.</p> <p>1.3 Attitude and Motivation.</p> <p>1.4 Emotional Intelligence and critical thinking.</p> <p>•</p>	1	15
II	<p>Presentation of self.</p> <p>a. Interview and presentation skill.</p> <p>b. Personal branding and online presentation of self.</p> <p>c. Networking and professional etiquette.</p> <p>d. Mock interview and feedback session.</p>	1	15

Suggested Readings

1. Thffucett, A.J. & Culbertson. S.S. (2011). “Advances in interview training: An updated review and recommendations for future research.” Human Resource Management Review, 21 (3), 271-285
2. Andresia d. & Haskins R. (2000) Brand Yourself: How to Geate and Indentity a Brilliant Career. New York, NY: Ballantine Breaks.

3. Granovetter, M.S. (1973). "The Strength of weak ties". *American Journal of Sociology* 78(6), 1360-1380.
4. Ferreira, M.C., Probst, T.M., & Coutinho, M.c. (2017). "Networking behaviours and career outcomes: Differences for men women ?" *Journal of Organizational Behaviour*, 38(5), 601-618.
5. Quinlan, M.M., Burgess, S., & Lyon, J (2019). "Practice makes perfect: Enhancing students' Job interview simulations." *Teaching of Psychology*, 46(2), 120-127.
6. Jevinelly, J.& Boys, K. (2019). Maximizing the benefits of the mock interview : perspectives from students, faculty and employers." *Journal of Career Assessment*, 27 (4), 694-709.
7. Northouse, P.G. (2021). *Introduction to Leadership: Concepts and Practice*. Los Angeles: SAGE.
8. Gaur, R.R, Sangal, R & Bagaria, G.P. (2010). *A Foundation Course in Human Values and Professional Ethics*. Excel Books, New Delhi,.
9. Strongman, K.T. (2003). *The Psychology of Emotion : From Everyday Life to Theory*. New York : Wiley.
10. Gross, J.J. (2001). Emotion Regulation in Adulthood: Timing is Everything. *Current Directions in Psychological Science*, 10(6), 214-218.
11. Harlock, E.B (2006). *Personality Development*. New Delhi: Tata McGraw Hill.
12. R. Baron & D. Byrne : *Social Psychology: Understanding Human Interaction*, 1993, Prentice Hall of India Pvt. Ltd., Delhi,1993 (6th Edn)
13. T.M Newcomb et al. : *Social Psychology: A Study of Human Interaction*, Tavistock Publication Ltd., London, 1961 (Revised Edn).
14. Hook. D, Franks. B & Bauer W. Martin (2011): *The Social Psychology of Communication*,(6th edition), AIAA.