

**SARDAR PATEL UNIVERSITY****Programme: B.Sc (Home Science)****Semester: II****Syllabus with effect from: November/December-2011****Objectives:**

- To make the students aware of their own potential.
- To empower the students for self improvement and self enhancement

<b>Paper Code: UH02CHUD12</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Personal Empowerment</b>	

<b>Unit</b>	<b>Description in detail</b>	<b>Weighting (%)</b>
I	The challenge – understanding oneself and being aware of one’s strengths and weaknesses. <b>Personality development</b> Concept of positive self and negative self. Impact of personality. Coping strategies Factors influencing personality development	10%  20%
II	<b>Peer pressure</b> Issues and management Group conformity Individualism as co existing aspects Changing relationships [ hetero sexual ] Conflicts and stress Simple coping strategies <b>Adjustment and readjustment to changing needs and condition of contemporary society</b> Adjustment to technological changes Adjustment to social changes Changes in values Development of identity	20%  15%
III	<b>Some significant contemporary issues of concern Gender issues</b> Inequities and discriminations Biases and stereo types Myths and facts <b>Substance abuse</b> Causes Types Remedial measures <b>Healthy habits</b> Importance of health checkups Mental health Importance of recreation / hobbies in one’s own life. <b>AIDS and sexually transmitted diseases awareness and education</b>	10%  10%  10%  5%



## Basic Text & Reference Books

- Mussen, P. N Conger, J.J. Kagar, J & Huston, A C(1990) Child Development & Personality(7ed) N. Y Harper Collins.
- Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
- Hurlock “ development and psychology”
- Pappalia “ human development”
- Berk L.E. “child development” new delhi
- Craig G. “human development” N.J. Prentice Hall
- Cole M. and Cole S. “The development of Children ”

