



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science -Home Science
(B.Sc. - H.Sc.) (Home Science) Semester (II)

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| Course Code | UH03EHSC54 | Title of the Course | Personality Development |
| Total Credits of the Course | 02 | Hours per Week | 02 |
| Course Objectives: | <ol style="list-style-type: none">1. Develop and groom, sensitizing about proper behaviour socially and professionally in formal and informal circumstances.2. Build self-confidence.3. Enhance self esteem and improve overall personality. | | |

| Course Content | | |
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| Unit | Description | Weightage* (%) |
| 1. | Introduction to Personality Development The concept of personality - Dimensions of personality – Theories of Freud & Erickson- Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis | 20 |
| 2. | Attitude & Motivation Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude- Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to de-motivation | 20 |
| 3. | Self-esteem Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem - Symptoms - Personality having low self esteem - Positive and negative self esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking. | 20 |
| 4. | Other Aspects of Personality Development Body language - Problem-solving - Conflict and Stress Management - Decision-making skills - Leadership and qualities of a successful leader – Character building - Team-work – Time management - Work ethics –Good manners and etiquette. | 20 |



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| 5. | Employability Quotient Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical) Interview - Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions. | 20 |
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| Teaching-Learning Methodology | Lecture Method, Questions-Answer method, Discussion method, Brainstorming method, Observational method, Use of ICT |
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| Evaluation Pattern | | |
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Written Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

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| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Develop personality and enhance self esteem. |
| 2. | Learn importance of self motivation and use it for creating successful life. |
| 3. | Reduce negative attitude for creating successful life. |

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| Suggested References: | |
| Sr. No. | References |
| 1. | Hurlock, E.B.(2006). <i>Personality Development</i> , 28th Reprint. New Delhi: Tata McGraw Hill. |
| 2. | Stephen,R.,& Timothy, A.(2014). <i>Organizational Behavior.(16th ed.)</i> . Prentice Hall |
| 3. | Andrews, S.(1988). <i>How to Succeed at Interviews</i> . 21st (rep.) New Delhi.Tata McGraw-Hill. |
| 4. | Heller, R. (2002). <i>Effective leadership</i> . Essential Manager series. Dk Publishing. |

