

Department of Education Faculty:

- SMT PAYEL DEY SEN
SACT-II
- SMT PIU ROY
SACT-II

RESOURCE PERSON

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OBJECTIVES OF THE COURSE

INTRODUCTION TO PERSONAL 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. WOT analysis.

ATTITUDE AND 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

SELF-ESTEEM

Term self-esteem - Symptoms - Advantages - Do's and Don't 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 behaviors - Lateral thinking.

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

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.



SURYA SEN MAHAVIDYALAYA

DEPARTMENT OF EDUCATION

30 HOUR ADD ON COURSE
ON

PERSONALITY DEVELOPMENT

Dated: 8th April'22 to 13th April'22

**AN INVESTMENT IN YOUR PERSONAL DEVELOPMENT IS
THE BEST INVESTMENT YOU CAN MAKE**