ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

III SEMESTER **LIFE SKILL COURSE** Time:2Hrs/week

PEL 3001 (2) **PERSONALITY ENHANCEMENT & LEADERSHIP** Marks:50

(w.e.f:2020-2021-‘20AH’) **SYLLABUS**

**Learning Outcomes:**

By successful completion of the course, students will be able to:

1. Develop comprehensive understanding of personality
2. Know how to assess and enhance one’s own personality
3. Comprehend leadership qualities and their importance
4. Understand how to develop leadership qualities

**SYLLABUS:**

**UNIT – I:** (7 HRS)

Meaning of Personality – Explanations of Human Personality – Psychodynamic Explanations – Social Cognitive Explanation – Big Five traits of Personality

**UNIT – II:** (8 HRS)

Assessment of Personality – Projective & Self Report Techniques - Building Self- Confidence – Enhancing Personality Skills

**UNIT – III:** (10 HRS)

Leadership Characteristics – Types of Leaders – Importance of Leadership – Leadership Skills – Building and Leading Efficient Teams – Leadership Qualities of Abraham Lincoln, Mahatma Gandhi, Prakasam Pantulu, Dr. B. R. Ambedkar & J.R.D.Tata

**Co-curricular Activities Suggested:** (05 hrs)

1. Assignments, Group discussions, Quiz etc
2. Invited Lecture by a local expert
3. Case Studies (ex., on students’ behavior, local leaders etc.)

**REFERENCE BOOKS:**

* Girish Batra, Experiments in Leadership, Chennai: Notion Press, 2018
* Mitesh Khatri, Awaken the Leader in You, Mumbai: Jaico Publishing House, 2013
* Carnegie Dale, Become an Effective Leader, New Delhi: Amaryllis, 2012
* Hall, C.S., Lindzey. G. & Campbell, J.B Theories of Personality. John Wiley & Sons, 1998