

ANDHRA CHRISTIAN COLLEGE :: GUNTUR
(Day, Evening & P.G.)
NOTICE

Date : 13.07.2020

All the 1st, 2nd and 3rd year B.A. students are hereby informed to submit their names for the certificate course on "**PERSONALITY DEVELOPMENT**" for the academic year **2020-2021** to the H.O.D., Department of English, Guntur on or before 29.07.2020. The Course will commence from 31.08.2020 and the duration of the course is 30 days.


H.O.D.

Dept of English


PRINCIPAL

Copy to:

1. The Co-ordinator, IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College.

ANDHRA CHRISTIAN COLLEGE :: GUNTUR

Department of English Certificate Course on **PERSONALITY DEVELOPMENT** 2020 -2021

Objectives for Personality Development :

- 1) Facilitate deeper understanding of one's strengths, weakness, values and beliefs
- 2) Develop confidence building
- 3) Improve effective communication
- 4) Strengthen interpersonal skills
- 5) Cultivate leadership skills
- 6) Teach time Management
- 7) Enhance the ability to recognize, understand and manage one's own emotions

Course Syllabus

UNIT.I.

Introduction to personality Development :

- a) Definition and significance of personality development
- b) Theories of personality
- c) Role of personality in personal and professional life

UNIT. II.

Building a positive attitude

- a) Importance of a positive attitude
- b) Techniques to develop and maintain positivity
- c) Overcoming negative thoughts

UNIT. III.

Goal setting and motivation

- a) Importance of setting goals
- b) SMART Goals Framework
- c) Strategies for staying motivated

UNIT. IV.

Creativity and Innovation

- a) Understanding creativity and Innovation
- b) Techniques to foster creativity
- c) Applying creative thinking to problem solving

COURSE SCHEDULE
PERSONALITY DEVELOPMENT
(30 hours)

Sl. No	TOPIC	HOURS
1	Introduction to Personality Development	8
2	Building a positive attitude	8
3	Goal setting and motivation	7
4	Creativity and Innovation	7

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