

Course of code: BSNSD07

Title of Course: : Personality or professional development

Total hours: 30hrs

Course Objective:

- ✓ Emphasizes knowledge application, problem-solving, system design, conducting experiments, modern engineering tools, understanding contemporary issues, ethical responsibilities, teamwork, effective communication, and life-long learning.
- ✓ the course provides comprehensive training in personality development, enhancing students' attitudes, motivations, self-esteem,
- ✓ employability skills through structured units, interactive teaching methods, and rigorous evaluation

SYLLABUS

Unit I

Introduction to personality development

The concept personality- Dimensions of theories of Freud & Erickson- personality – significant personality development. The concept of success and failure: What is success? - Hurdles in achieving. [6 hrs]

Unit II

Attitude & motivation

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude - Advantages –Negative- Disadvantages - Ways to develop positive attitude - Difference between personalities having positive and negative attitude. Concept of motivation - Significance - Internal and external motives -Importance of self-motivation- Factors leading to de-motivation [6 hrs]

In Charge
Vice Principal
Narayan Nursing College
Faculty of Nursing
Gopal Narayan Singh University
Jamuhar, Rohtas (Bihar)

Signature
Coordinator
IQAC (NAAC)
Gopal Narayan Singh University
Jamuhar, Sasaram, Rohtas (Bihar)

Unit III

Self-esteem

Name of the instructor Class handling Office location Office phone Email
(domain:@bharathuniv.ac.in. 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 . [6 hrs]

Unit IV

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. [6 hrs]


Unit V

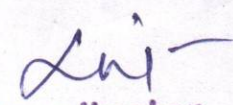
Employability quotient

Resume building- The art of participating in Group Discussion – Acing the Personal (HR &
Technical) Interview -Frequently Asked Questions - Psychometric Analysis - Mock Interview
Sessions. [6 hrs]

Text & References:

- ✓ Text book of personality development in nursing professionals by Dr. Aurora sierra canta.
- ✓ Text book of personality development psychology by Dr. Sadhana Natu.
- ✓ Text book of Handbook of personality development by Dan P. McAdams, Rebecca L.Shiner.


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