

BVAC 301: BEHAVIOURAL SCIENCE - I (UNDERSTANDING SELF FOR EFFECTIVENESS)

Total Hours: 30

Course Objective:

This course aims at imparting an understanding of:

- Self and the process of self-exploration
- Learning strategies for development of a healthy self esteem
- Importance of attitudes and its effect on personality
- Building emotional competence

Course Contents:

Unit I: Self: Core Competency:

6 Hours

Understanding of Self; Components of Self – Self-identity; Self-concept; Self-confidence; Self image

Unit II: Techniques of Self Awareness:

6 Hours

Exploration through Johari Window; Mapping the key characteristics of self; Framing a charter for self-Stages – self-awareness, self-acceptance and self-realization

Unit III: Self Esteem & Effectiveness:

6 Hours

Meaning & Importance; Components of self-esteem; High and low self-esteem; Measuring your self esteem

Unit IV: Building Positive Attitude:

6 Hours

Meaning and Nature of Attitude; Components and Types of Attitudes; Relevance and Importance of Attitudes

Unit V: Building Emotional Competence:

6 Hours

Emotional Intelligence – Meaning, Components, Importance and Relevance; Positive and Negative Emotions; Healthy and Unhealthy expression of Emotions

Text & References:

- Michael Steven: How to be a better problem solver, Kogan Page, New Delhi, 1999
- Geoff Petty: How to be better at creativity; Kogan Page, New Delhi, 1999
- Phil Lowe Koge Page: Creativity and Problem Solving, New Delhi, 1996
- Bensley, Alan D: Critical Thinking in Psychology – A Unified Skills Approach, (1998), Brooks/Cole Publishing Company.


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