Even semester
Paper Code: SWSC-2
Paper title: PERSONAL AND PROFESSIONAL GROWTH.

INTRODUCTION

The course aims at enhancing personal and professional effectiveness by developing a continuous awareness and deeper insight into one's being. It encourages value clarification, upholding of professional ethics, and ability to make effective choices for integration. It provides opportunities to understand stress, stressors and methods to handle stress experienced.

OBJECTIVES

  a. Understand self as a being, as one in the process of becoming and experience self-awareness.
  b. Examine own values and attitudes and explore choices made to express self in own environment.
  c. Develop positive life skills and practice self-help methods for integration and for stress reduction.
  d. Understand and uphold professional values and ethics.

Course Content:

UNIT I

Self and Self Awareness: Understand self through a cognitive construct/paradigm (two/three models from among those available may be offered as workshops). Suggested approaches are: Rational Emotive Therapy, Gestalt Approach, Transactional Analysis, Reality Therapy, Yoga for Therapy, Meditation Techniques.

Explore self as being, and understand the process of becoming. (through observation)
Practice consciously measures to sustain and experience continuous awareness.
Observation and Reflection: Theory and techniques.
Communication Choices: Communication mode and patterns and effectiveness, Interpersonal communication, nature of choices made.

UNIT II

Emotions and their Expression: Emotions, nature of expression.
Understand own pattern of communication, choices made to express emotions, modes used, examine need for change.

Communication: Informal and knowledge and skills of rapid reading, writing, creative writing, report writing and public speaking.

UNIT III

Creativity and Self: Understand brain functions: Creativity, need and development
Life Style: Conscious life style - enhanced life skills: Communication, decision making, empathy, critical thinking, use of time and money, building and sustaining bonds-relational, colleagial and personal.
Self defeating behaviour - nature and impact. Choices for change.

UNIT IV

Values, Attitude and Professional Ethics: Values and attitudes - their role in life, Value conflict - its impact, value clarification.

Integration: Through Eastern and Western approaches experience the processes of integration. Approaches recommended are: Yoga as a science, meditation (tool for meditation - own choice).

Stress / Burn out - Self help Methods: Stress, Stressors, nature and impact of stress, its expression, and burnout.

Spirituality and Growth.

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