

ENHANCING PROFESSIONAL CAPACITIES (EPC)

SEMESTER – IV

EPC 4 LIFE SKILLS FOR UNDERSTANDING THE SELF

Credits: 2

Internal: 50 marks

Hours/Week: Theory-2hrs & Practical- 2hrs

Course Learning Outcomes:

At the end of this course, the student-teachers will be able to

- assess oneself through self -analysis;
- construct positive thoughts for better mental health;
- identify and manage emotions;
- plan and manage time effectively; and
- create dreams and aspirations and work towards one's goal.

ACTIVITY : Self-Awareness and Self Motivation

Exercise : Know Thyself through SWOT Analysis

ACTIVITY : Power of Positive thinking

Exercise : Exercises of Positive thinking

ACTIVITY : Emotional Intelligence

Exercise : Identifying and categorizing emotions

ACTIVITY : Time Management

Exercise : Strategy for using time effectively

ACTIVITY : Towards Empowerment

Exercise : My Dreams and Aspirations

Suggested References:

Bos, (Ed.). (2012). *Critical Thinking, Academic Writing and Presentation Skills*. New Delhi: Oxford University Press.

Dudley, G.A. (2004). *Double Your Learning Power* : Delhi:Konark Press. Thomas Publishing Group Ltd.

Grellet, Françoise.(2007). *Developing Reading skills*. Cambridge: Cambridge University Press.

Hedge, Tricia. (1998). *Writing*. Delhi: Oxford University Press.

Hurlock, E.B. (2006). *Personality Development*. 28th reprint. New Delhi: Tata McGraw Hill.

John Seely, (2004). *The Oxford guide to Writing and speaking*. New Delhi: Oxford University Press.

Mile, D.J.(2004). *Power of Positive Thinking*. Delhi: Rohan Book Company.

Pravesh Kumar, (2005). *All about Self-motivation*. New Delhi Good will Publishing House.

Raman, Meenakshi. and Sharma, Sangeeta. (2011). *Communication skills*. New Delhi: Oxford University Press.

Swaminthan, V.D., and Kaliappan, K.V. (2001). *Psychology for Effective Living*. Chennai. The Madras Psychology Society.

நாகராஜன், கி. (2014). வழிகாட்டுதலும், அறிவுரை பகர்தலும். சென்னை, இராம் பதிப்பகம்.

<http://alturl.com/4nayz>

<http://alturl.com/hgyy8>
