

## **Course Assessment Brief**

### **LIFE SKILL: MANAGING SELF**

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|---------------------|---|---|
| Course Name         | : | MANAGING SELF   |
| Course Code         | : |   |
| Course Department   | : | School for Life   |
| Course Instructor   | : | -----   |
| Course Credits      | : | 02  |
| Course Duration     | : | 30 Contact hours – Full Semester  |
| Level/Semester/Year | : | Semester 1/Year 1   |
| Type of Course      | : | Synchronous F2F   |
| Module Assessment   | : | <b>Bootcamp Participation (20%) + Online Quiz (30%) + Team Project &amp; Workbook (50%)</b> |
| Cohort              | : | 2025  |
|                     |   |   |

#### **1. Aim & Objectives**

**Managing Self is a life skill course to identify areas of improvement, prioritize areas of personal development, build positive relationships, understanding, apply growth mindset principles to achieve personal and professional goals.**

Objectives of this course are,

1. To identify areas of improvement and prioritize areas for personal development.
2. To build positive relationships by understanding and managing emotions effectively.
3. To apply principles of growth mindset to achieve personal and professional goals.

#### **2. Course Outcomes**

##### **(a) Knowledge & Understanding:**

After completing this course, you will be able to:

- CO1    **Understand** the concept of Wheel of Life and to focus on Circle of influence.
- CO2    **Reflect** on Growth mindset and differentiate between good and bad habits.
- CO3    **Develop** mindfulness and enhance Emotional Intelligence.

#### **3. Bootcamp Participation (20%) + Online Quiz (30%) + Team Project & Workbook (50%)**

**3 (i) Project “MY SUCCESS STORY” (50 marks):** The project requires you to select learning takeaway/s from the course and relate them with your day-to-day experience/s. This can be related to any of the chosen course topic/s and even beyond the course topic/s (they must relate with ‘Managing Self’ in some way or the other). Ideally, **your project should show your journey of personal growth, add value to you as a person, and contribute towards your overall development that continues throughout your life.**

**Project Focuses on four components:**

- 1. Title of the story**

- 2. Connect your personal story with any chosen concept of 'Managing Self'.**
- 3. Reflect through the storytelling, how the chosen concept has helped you transform.**
- 4. Conclude by presenting your journey of 'Personal Growth'.**

**Your Final submission is a Presentation supported by pictures and videos.**

Deliverables : A Presentation (5 min long) with evidence of your project journey.  
Submission Date: To be announced by Course Instructor

**3 (ii) Online Quiz (30 marks): based on the content discussed in the bootcamp and reading materials provided.**

**3 (iii) Bootcamp Participation (20 marks):**

**Note:** Late submission, absenteeism and plagiarism will be treated according to the norms.

### Rubrics for Assessment of Project

| <b>Criteria</b>                          | <b>Excellent (G-10 Marks)</b>   | <b>Very Good (7-8 Marks)</b>  | <b>Good (5-6 Marks)</b>  | <b>Satisfactory (3-4 Marks)</b>   | <b>Needs Improvement (0-2 Marks)</b>   | <b>Total Marks</b> |
|--|---|---|--|---|--|--------------------|
| <b>1.Understanding of Concepts</b>       | Demonstrates a thorough understanding of all key concepts (Wheel of Life, Circle of Influence, Growth Mindset) with deep insights.            | Shows strong understanding with only minor gaps in key concepts.                                      | Understands the core concepts with some inaccuracies or missing details.                       | Basic understanding of concepts; significant inaccuracies present.                          | Limited understanding; many gaps and inaccuracies in core concepts.                              | 10                 |
| <b>2. Application of Concepts</b>        | Applies concepts effectively with well-developed, actionable plans that are innovative and relevant to personal and professional development. | Applies concepts well with practical plans and minor gaps in detail.                                  | Applies concepts with some effectiveness; plans are somewhat basic or unclear.                 | Limited application; plans are vague or not fully developed.                                | Struggles to apply concepts; plans are minimal or ineffective.                                   | 10                 |
| <b>3. Reflection and Differentiation</b> | Provides insightful and detailed reflection on Growth Mindset; clearly differentiates between good and bad habits with strong examples.       | Offers good reflection and differentiation with relevant examples, though may lack some depth.        | Basic reflection with some differentiation; examples are relevant but somewhat superficial.    | Limited reflection and differentiation; examples are vague or missing.                      | Minimal or unclear reflection; poor differentiation with few examples.                           | 10                 |
| <b>4. Mindfulness Practices</b>          | Demonstrates advanced mindfulness practices with high self-awareness and effective integration into daily life.                               | Shows good mindfulness practices with effective integration, though with minor gaps.                  | Basic mindfulness practices; some integration with moderate effectiveness.                     | Limited mindfulness practices; minimal integration into daily life.                         | Minimal mindfulness practices; poor integration and effectiveness.                               | 10                 |
| <b>5. Emotional Intelligence</b>         | Exhibits exceptional emotional intelligence; adept at managing emotions and building strong, positive relationships.                          | Demonstrates high emotional intelligence with effective emotion management and relationship-building. | Shows good emotional intelligence; manages emotions and relationships with some effectiveness. | Basic emotional intelligence; some difficulty managing emotions and building relationships. | Limited emotional intelligence; significant struggles with emotion management and relationships. | 10                 |

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|------------------------------|--|
| <b>Excellent (45-50):</b>    | High level of understanding, application, and skill across all criteria.         |
| <b>Very Good (35-44):</b>    | Strong performance with minor gaps; solid overall understanding and application. |
| <b>Good (25-34):</b>         | Meets basic criteria. Some areas need improvement.                               |
| <b>Satisfactory (15-24):</b> | Adequate understanding and application with significant room for improvement.    |