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Lecture – Introduction to Enhancing Soft Skills and Personality

1. Like the old woman story in which she is habituated to chewing old betel leaves daily, describe a habit you have formed from a fixed mindset. Explain how you are trying to modify or have successfully changed by adopting a growth mindset.

Ans: As the old woman story in which she is habituated to chewing old betel leaves daily, I had a fixed mindset not seeking feedback, I thought before I do anything is right. After many days, I realized it is not a habit and it does not make me successful in my life. To overcome this fixed mindset, I changed by adopting a growth mindset of living with critical people, seeking feedback, and talking with experts. Always take any negative comments to improve myself, and living with critical people helps me maintain my self-respect.

2. From your own experience or personal observations, give a similar example (like the older woman's story) illustrating a fixed mindset.

Ans: I heard this story from some movie. In that movie, there is a man [let us call him Ravi] who is not interested in learning about COVID-19, he thinks it is just a small disease that would not cause him as he thinks he is very strong and has more immune power. But in his beside home, a man [let us call him Ram] who learned about COVID-19 started to take precautions and make others aware of it. But when Ravi started to see symptoms of COVID-19 in himself, he did not worry as he thought he would be alright soon. But his health became worse and at last, he was dead. Here, Ravi's fixed mindset was not to learn about the present situations and news which in last to his death.

Lecture – 01: Introduction-1: Highlights of Developing SS Course-1-24

Lecture – 02: Introduction-2: Highlights of Developing SS Course-25-48

1. Assess the experiential learning you had from these lessons by identifying some of your behaviours that were modified after studying these lessons.

Ans: In Human perceptions: Understanding people, I modified myself by understanding, and seeing the problem from their viewpoint. I started understanding Human nature.

In conflict resolution skills, I modified to aim for win-win solutions, be patient, no need to be angry or aggressive in any conflict. I started seeing their needs and my needs to aim for win-win solutions and how to solve conflict techniques.

In Habits, I modified to identify good and bad habits, overcome bad habits in small steps, and avoid some bad habits too.

In Communication and Telephone skills, I modified to listen actively, how to deal with people on call and angry people.

In Presentation skills, first I was not aware of professional presentation skills, I started learning and following them, maintaining open body language, and using visuals.

Developing trust and integrity with people to have a peaceful life both personal and professional.

2. Mention your favourite lesson/s or concept/s that you enjoyed learning so far.
Ans: Telephone Communication and Self-learning are my favourite lessons that I enjoyed learning. All the other lessons were good and informed me, I learned a lot. These lessons were never taught personally to me, I learned here.

Lecture-03: Mindset -1 Definition and Types

1. What type/s of mindset/s you normally have? Identify some of its traits.
Ans: I think I normally have growth mindset, open-mindedness, and optimism. I always see new things first as fear but again as a challenge, I see good in all people who I know, and I will see any problem or advice in an open mind.
2. Do you think any of your mindset is harmful? How would you like to change it?
Ans: I think of an optimistic mindset, as I see all people as good. If that person is willing to do bad and I again doing good to that person, I may hate myself. I think it is somewhat harmful.
Be good to good people, and be ok to bad-doing people.
3. Describe a person you admire for their growth mindset.
Ans: Mallikarjuna is, a person I admire for his mindset. Despite facing numerous challenges in both personal and professional life, he has consistently demonstrated a remarkable ability to learn, adapt, and grow from his experiences.
He always shows interest in learning new things, he helps people who ask for help without hesitation. He took any challenge to improve his learning.
He is my father; he is my inspiration.

Lecture – 04: Mindset-2 Learning Mindsets

1. Have you ever thought you were not “smart” enough to learn a particular subject? Do you agree with Carol Dweck that if you change your perception about how you learn, you can learn even a problematic subject?
Ans: I have not thought, but I heard that I cannot be that smart enough to learn a particular subject [Telugu]. Yes, I agree with Carol Dweck that if you change your perception about how you learn, you can learn even a problematic subject. In 9th, and 10th classes, I started to see it as my daily activity to read and write ten words in Telugu and I improved in it. I got an A* in Telugu in my board exams.
2. Identify a situation you regretted not for failing but not for trying hard enough.
Ans: In school, when I need to present a speech in front of students and teachers. I forget some lines not for fear, but I do not practice well. I regret it not for failing to present but not for trying hard enough.
3. To develop a growth mindset, will it be easy for you to learn to live with critical people?
Ans: While it may not be easy initially, learning to live with critical people can contribute to this growth:
 - Opportunity for feedback
 - Learning from perspectives
 - Embracing discomfort
 - Setting boundaries to maintain self-respect and mental well-being

4. Recall a situation wherein you succumbed to stereotype threat. How would you overcome such a situation in future?

Ans: The stereotype is that women cannot study as hard as men. I thought as surrounding people were saying, it made me feel self-conscious and doubtful of my abilities. To overcome stereotype threat in the future:

- Positive reinforcement
- Role models
- Skill building and supportive environment
- Positive self-talk

Lecture - 05: Mindset-3: Secrets of Developing Growth Mindsets

1. How can you make yourself more growth-oriented?

Ans: To make ourselves more growth-oriented mindset:

- Embrace challenges
- Learn from failures
- Set goals and cultivate curiosity
- Seek feedback
- Surround yourself with growth-minded individuals
- Focus on effort

2. How do you perceive yourself? Define yourself in five sentences.

Ans:

- I see myself as caring and motivated, always trying to improve.
- Challenges have made me strong and flexible, and I believe in being kind and understanding to everyone.
- I am good at listening and guiding teams to reach their goals by solving problems and planning well.
- Mostly I aim to do my best while staying honest and true to myself.
- I started to be good at talking with people.

3. Do you think your own perception of yourself affects your actions? How?

Ans: Yes, I think my perception of myself affects my actions

- Self-efficacy: Believing in my abilities and strengths leads to greater confidence in taking on challenges and pursuing goals
- Risk-taking: A more positive self-perception may be more willing to take risks and explore new opportunities.
- Behavioral consistency: People tend to act in ways that align with their self-concept or identity, reinforcing their perception of themselves through their actions.

4. How do you generally talk to yourself? Sit down, introspect, and come up with five things you regularly say to yourself. Identify some negative self-talk and think of how to stop them or change them positively.

Ans: I talk to myself daily. I do it when I ride my bicycle, sometimes in lecture halls, and in my free time. I sit down and say these five things to myself

- Be positive
- Do not be fear and be confidence

- Believe in God
- Everything happens for good
- I can do

I sometimes think of some negative self-talk that makes me fear then I will remember these five things, it makes me feel good and confident.