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Lecture - 01

Introduction: A New Approach to Learning

1. How do you define learning?

Ans: Learning means it is interaction with human, environment that change the behavior in ourselves. Learning can done for human, environment, animals, plants..etc that lead to change in us for the better results in future. We should not forget the learning, if we forget then it is not the real learning. We need to learn things that can make us result in permanent change in demeanor.

2. Which mode of learning do you prefer: Normal or Fuzzy? And why?

Ans: I prefer Normal mode of learning. As I believe that in normal mode, we allot a particular time of learning and do it in that time. As we donot know what will happen it that last movement, it may be difficult to understand and make things to remember.

In normal mode of learning, I allot a time and watch all lectures and make notes, so that a day before quiz I can just revise it and save time.

3. What do you understand by the term “soft skills”?

Ans: Soft skills are skills that help us to interact, communicate and behave with people. They are also known as People skills. These skills can be learnt from any person in the world and environment. These skills can help us develop our personality. As the teachers say, soft skills can make you stand outside of the crowd. It make us a unique person in society and world.

Lecture - 02

Planning and goal-setting

1. Write an incident where learning something modified your behaviour.

Ans: Learning patience for my father change my behaviour. My dad is very patience and friendly to all, he always helps other. By learning this, I don't give angry, have a peace mindset. I can understand other's thoughts, feeling with patience in mind.

2. What do you think is more crucial for success: Intellectual knowledge or soft skills? Why?

Ans: I think the more crucial thing for success is Soft skills. As if two people have the same intellectual knowledge but one person is good in time management, communication, behaviour with people and problem solving then that person can succeed in life. As he know people skills.

As an example of CEO of google **Sundar Pichai** who had done Metallurgical Engineering in IIT Kharagpur which is not some relate to Google which IT and software things company, But he became CEO by his soft skills. So the most crucial thing for success is soft skills.

3. What do you expect to learn from this course? How do you think it might impact your life?

Ans: I expect to learn from course is I want to be brave to convey my thoughts in a group of people. As I sometimes feel fear that if I say something and that is wrong and what do people feel about me. I want to overcome from this fear so I expect to learn this from the course.

It might impact my life as I can be fearless to convey my thoughts to my colleagues so that I can be productive in improving the company, my respect, and confidence.

4. Write a goal you wish to achieve through this course.

Ans: The goal I wish to achieve through this course is I want to feel confident in any thing and any situation of my life. I should not be fear. I should be clarity beginning with end in mind.

Lecture – 03

Human Perceptions: Understanding people

1. Give an example of perceptual difference from your own experiences

Ans: “Every one has a story in life” is the short story around 24 old boy, his father and stranger.

In this story, they are going in train and suddenly boy was excited by seeing trees, birds, sky. The stranger was shocked and thought he might be mental, he asked father to take him to hospital. Father replied that they were coming from the hospital, as his son was blind from birth and he just got his eyes back. The stranger was shocked and felt sorry, guilty or his thought. He realized that he has judged the boy without knowing his truth.

By this story, the boy was excited because he got eyes after a long time and the stranger precepted that he was mental.

Here moral of the story is **Seek to understand, then to understood.**

2. Write your own mission statement for your life.

Ans: My mission statement for my life is after my death everyone should remember me as a great person, respectful, good in behaviour and give respect to all as person.

3. How does Steve Jobs’s commencement speech inspire you? Write in brief.

Ans: Steve Jobs’s commencement speech has three valuable lessons. They are about connecting the dots, love and loss and death as Motivator.

I got inspire by Steve Jobs’s commencement speech as in his speech he got dropped out of college, but he attend calligraphy class which led to design of first Macintosh computer, by this what ever happen have a results good in future we just need to move on.

Love and loss, he ousted from Apple but he founded NeXT and Pixar, by this I have encouragement to pursue passion.

4. What can you do to understand another person's perspective during a conflict?

Ans: To understand another person's perspective during a conflict, we need to understand his point of view and his thoughts. Be patient so that you can understand what they are saying and make a peaceful and equal benefit conclusion.

Lecture – 04

Types of soft skills: Self-management skills

1. What do you understand by self-management skills?

Ans: Self-management skills are the skills that make one to make organized and productive. These skills make us to discipline and be independent for others. It becomes a crucial thing in personal and career life.

2. Take five minutes to introspect. Write 5 things that inspire or motivate you.

Ans: i) My parents (mom and dad)
ii) God
iii) My friends (both in school times and college times)
iv) Professors
v) NTR and Surya (Actors)

3. What steps can you take to boost your confidence?

Ans: i) Be fearless
ii) Replace negative thoughts with positive talk
iii) Learn from failure
iv) Surround myself with positive people and encourage people.
v) Develop a growth mindset.

4. Share an instance where you learned from your mistake

Ans: I think in age 10 years, there was a celebration going on. All the members of my apartment came to celebrate. They all

are giving snacks to all my people. I too received it. But I want other thing same snack so I went to ask them, but it was almost completed. I shouted on us. I shocked on one sister who is the organizer's daughter, she went to cry. I donot know about all that she was crying. Her mom came to scold on me. I too cried, then my friend said to mom about all the thing. Then my mom said to me that I should not shout on others it may hate their feeling. Then onwards I don't scold or shout on others without their mistake.

5. What steps do you take to manage your stress?

Ans: i) Break the tasks into smaller activities and do it one by one.

ii) Time management

iii) Connect with people who support you.

iv) meditation

6. Share an instance where you exhibited a high level of emotional intelligence

Ans: I donot have any instance where I exhibited a high level of emotional Intelligence, I think I am till some what emotional .

But I will understand and used emotional intelligence in my real-life.

Lecture – 05

Aiming for Excellence: Developing Potential and Self-Actualisation

1. What do you define as excellence? Write an example

Ans: Excellence is an outstanding feature, possessing good qualities in high degree. Some are gifted, multi-talented and excellent in any field.

It may be as excellent engineer, excellent doctor, excellent dancer, excellent sport player...etc

2. Write your five important qualities that make you unique

Ans: The qualities that make me unique

- I am good listener.
- I keep my things in organized way.
- I am good dancer; I learn it in less time.
- I can cook any dish with less ingredients.
- I do things with end in mind and don't leave it in middle.

3. Using Abraham Maslow's hierarchy of needs, write a need you would like to focus upon

Ans: Using Abraham Maslow's hierarchy of needs, I would like to focus upon on Self-Actualization needs. By this need, we can achieve the reason of what we are. Understand the value of us for this universe. This need is the final need of man's life. After that need, we can be peace, no tension and receive lot of love and respect.

4. How do you define the need for self-esteem?

Ans: Self-esteem needs are above love and belonging needs. By achieving this needs, we want some kind of respect from society. For this needs, we service the society by building hospital, old age homes, religious buildings, orphanage...etc. By this, we get a feeling that our esteem is elevated.

5. How can you make your life extraordinary, or how can you self-actualise?

Ans: i) self-reliant and independent
ii) expression of one's creativity
iii) humble
iv) spiritual enlightenment

Lecture – 06

Need Achievement and Spiritual Intelligence

1. Give an example of radical change and constant change from your life?

Ans: I don't have an example of radical change and constant change from my life. I can do these in my future and apply in it.

2. How do you define spiritual intelligence?

Ans: It means trying to connect with universe from our inner core, soul, spiritual part of us. If we develop that inner connectedness, use wisdom, compassion that is spiritual intelligence.

3. What area of your life would you like to excel in?

Ans: I want to be excelled in

- i) Understanding the thoughts of people.
- ii) Communicating with others
- iii) Navigating with others.
- iv) Dancing

4. Share an instance where you exhibited “field independence.”

Ans: I think after 10th class, I was given to choose MPC or BiPC. All are advised me to take BiPC, my friends, teachers, relatives as a girl if I choose BiPC, I can become a doctor which an independent and they are saying that as engineer you will be working under some other which they like is not independent. But I stood against all and have a focused mind on MPC as it is my favorite course and want to be engineer. Here I think I exhibited “Field Independence”

5. What is emotional intelligence according to you? Write in your own words.

Ans: Emotional Intelligence is the skills that enable individuals to understand, manage and use their own emotions as well as the emotions of others. It plays a crucial role in personal and professional success, contributes in effective communication and building positive relationships.