

20-02-25

UNIT - I

SWOT / SWOC Analysis

A SWOT / SWOC analysis is typically created in a Grid format with strengths / Opportunities listed on the left, and weaknesses and threats (or) challenges on the right. The analysis will help you to focus on the main issue you need to consider when deciding what your long term and short term goal should be.

Strengths: Identifying your strengths can help you find what you do well.

Ex: Adaptability, Punctuality etc.

Weakness: Identifying your weaknesses can help you find where you still need improvement.

Ex: impatient, angry etc.

Opportunities: Opportunities are to possibilities that are open to you.

Ex: internship etc.

Threats: Threats are those things that might cause difficulties.

Ex: Increasing competition etc.

20-02-25

Activity :- SWOT / SWOC Analysis

13-03-25

Strengths

- Passion to new challenges
- Ability to learn various concepts
- Ability to adapt to complicated situations.
- A lot of patience & listening skills

Weakness

- I don't have a clear concern
- Time management
- Being easily distracted and losing focus
- Need to improve my English vocabulary

Opportunities

- A large market with many opportunities
- To become an Entrepreneur
- Attending hackathons etc.
- Online course for learning

Threats

- Plenty of competition
- Having no exposure in IT field
- Difficult to find the job in this competition

13-03-25

UNIT - II

THE VISION BOARD

This vision board represents the life I envision and aspire to create for myself. At the heart of it is the mantra, "make it happen" serving as a constant reminder to take actionable steps towards my goals.

- Travelling
I explore new places with an open heart and adventurous spirit. Every journey adds joy, memories and growth to my life.
- Time Management
I manage my time wisely and make every moment count. My days are productive, balanced & fulfilling.
- Discipline
I stay committed to my goals with focus and consistency. Discipline empowers me to build the life I vision.
- Shopping: I shop mindfully, choosing what brings value and joy. I attract abundance and spend with purpose.
- Earning:
I welcome financial opportunities and income with confidence. My skills and efforts lead to continuous earning and success.
- Self Care:
I prioritize my well-being, mentally and physically. Caring for myself allows me to think and strive.

VISION BOARD



ATTITUDE: ATTITUDE is Everything'

The definition of attitude is way of feeling of acting towards person thing or situation. An attitude is positive, negative or mixed evaluation of object express and some level of intensity many different factors can influence how and why attitude form there are.

- * Social factor : Educational & Religious
- * Direct instruction : Instruction
- * Family : Physical factor
- * Prejudice : Economic status
- * Personal experience : occupation
- * Media

- * Component of attitude are :

- 1) Cognitive component
- 2) Affective component
- 3) Behavior component

Cognitive : The cognitive component of attitude refer to belief thought and attribute we would associate with object. It is opinion or belief segment of an attitude. It refers to part of attitude which is related in general knowledge of person.

Affective: It deals with feeling of emotion of brought to surface about something such as fear or hate using the above example; someone might have attitude that they love all babies because they are cute or that they hate smoking because it is harmful to health.

Behavioral component:

It is an attitude consists of person tendency to behave in a particular way towards objects. It refers to that part of attitude which reflects intention of a person in short run or long run.

Negative Attitude

It can lead to sadness, depression stress., and giving up on life.

It can take away your energy and motivation. Instead of go - better you become a hopeless person who cannot help themselves.

Changes of Attitude: How to change attitude for betterment.

It is important to explore these steps when learning to change your attitude.

- New information will help to change attitude.

- Negative attitudes are mainly formed to sufficient information
- Attitude may change through direct experience
- Another way change is which attitude can be changed by resolving discrepancies between attitudes and behavior
- Attitude may change through legislation
- Changing the attitudes differ regarding the situation
- expectation
- Adaptability
- Confidence
- Appreciation

20.03.21

Activity:

1. Make Attitude acrostics. Give students a piece of paper and ask them to write word "ATTITUDE" vertically down left side of paper set a lined and ask students to write down linear and stand on left side for the A in "ATTITUDE" can read. "Always span good in situation" afterwards have student get into groups and then discuss classmate.

I have done this activity with my friend Vignesh. I have writing above his qualities as follow

A	- Attractive
T	- Talented
T	- Tolerant
I	- Intelligent
T	- Tardy
U	- Understanding
D	- Dependable
E	- Energetic.

He looks attractive, many girls are interested in him and he is multitalent he is good in sports as well as academics. He Tolerant, I annoy him lot. He intelligent, he knows how to handle critical situation. He is tardy he comes late to collage or wherever we go.

level 80

he is the one who always comes late . He is understanding and dependable , he never depends on other , he makes his own decision . He is always energetic ..

03-04-23

UNIT - IV INTERPERSONAL SKILLS WORKSHEET.

Instruction - Read the statement mention in the sheet and start finishing off the sentence. Identify the emotion and feeling that you feel are responsible for the response you had given in responses column, write them up in the why so? column and set evaluate your strength and areas of improvement.

S.N.O.	Statement	Response	Why so?
1	I am responsible. but...	No	I think I don't have much responsibility
2	I am Honest	Yes	but only with few people whom I trust
3	I show respect but	Yes	Sometimes when I am in anger, I disrespect my close ones
4	I am helpful	Yes	but I only help when I am in right state to help
5	I worry	Yes	Not knowing what will happen can make the mind imagine worst case scenarios

G.No	Statement	Response	Why so
6.	I will continue doing	Exercise.	Because it will keep me physically healthy.
7	My best quality is	I am not dependent on others	It helps me to avoid disappointment or unnecessary expectation from others
8	I care about others	NO	I have been hurt by my many friends. It helps me to protect me from emotion pain