**Exposure Course: Effective Personal Development**

**(2023-24)**

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| Course code  **116U06X1xx** | | Name of the Faculty  **Dr. Ayesha S. Hakim** | Name of the Course  **Effective Personal Development** | Total teaching hours per week / complete duration  **2 Hrs. / week**  **30 Hours** | | |
| Course Prerequisites: Willingness to have a growth mindset, sharpen speaking skills and inculcate problem solving skills with creative and critical thinking. **Course Objectives:**  The course aims at activities through which students hone their skills for sharpening speaking and presentation skills, learn to collaborate with each other and solve problems with critical thinking approach. This will create an opportunity for them to interact with their batchmates from different disciplines and develop a growth mindset. This course will lay a foundation for their civic engagement, lifelong learning, better stress management and increased productivity.  **Course Outcomes:**  At the end of successful completion of this course, the student will be able to:  **CO1:** Use mindset shifting process to thrive in challenging and triggering situations  **CO2:** Represent himself/herself appropriately with effective communication and share ideas with audiences  **CO3:** Make effective business presentations with PowerPoint  **CO4:** Be open to new ideas and strategies to grow resilience, manage time and increase productivity | | | | | | |
| **Module No.** | **Unit No.** | **Details** | | | **Hrs.** | **Mapped CO** |
| **1.0** | **1.1** | The Growth Mindset, embracing setbacks, problems, triggers, challenges and thriving, shifting mindset process, The Perfectionist Syndrome | | | **04** | **CO1** |
| **1.2** | Internal and external roadblocks to growth mindset, Self-Reflection/Reflective Journal Activities, Skillset Stretch and Mindset Reframe, activities to overcome Limiting Beliefs, Developing a Growth Mindset in Career | | | **04** | **CO1** |
| **2.0** | **2.1** | Leading Through Effective Communication, having a vision and achieving self-awareness, assembling a successful team, communication in personal and work life, public speaking, informal speaking, community engagement rules, activities for communicating in groups and teams, Speaking Exercise | | | **06** | **CO2** |
|  | **2.2** | Leveraging imagination and curiosity to think creatively, Strategic thinking, scenario planning via case studies | | | **06** | **CO2** |
| **3.0** | **3.1** | Making effective presentations, presenting the story of the data, using PowerPoint, Communication styles | | | **03** | **CO3** |
| **3.2** | Design principles for effective visuals and slides, skills for client-facing communication, public speaking, executive presence, compelling storytelling for information delivery | | | **03** | **CO3** |
| **4.0** | **4.1** | Developing Emotional Resilience to Manage Stress, self-reflective exercises | | | **02** | **CO4** |
|  | **4.2** | Productivity and Time Management for the Overwhelmed, self-reflective exercises | | | **02** | **CO4** |
| **Total Hrs.** | | | | | **30** |  |
| **Course co-coordinators** Dr. Ayesha S. Hakim  Mobile: 8850939766  Email: [ayesha.hakim@somaiya.edu](mailto:ayesha.hakim@somaiya.edu)  Affiliation: Asst. Professor, Electronics Dept., KJSCE | | | | | | |
| **Video orientation of EC if available: --** | | | | | | |
| **Maximum no of students**: **XX** | | | | | | |
| **Tasks for Evaluation** | | | | | | |
| **Task 1: Self-reflection exercise**  **Task 2: Group activity** | | | | | | |