

BEHAVIOURAL SCIENCE - I**Course Code: BSU 143****Credit Units: 01****Total Hours: 10****Course Objective:**

This course aims at imparting an understanding of:

- Understanding self & process of self exploration
- Learning strategies for development of a healthy self esteem
- Importance of attitudes and its effective on personality
- Building Emotional Competency

Course Contents:**Module I: Self: Core Competency****(2 Hours)**

- Understanding of Self
- Components of Self – Self identity
- Self concept
- Self confidence
- Self image

Module II: Techniques of Self Awareness**(2 Hours)**

- Exploration through Johari Window
- Mapping the key characteristics of self
- Framing a charter for self
- Stages – self awareness, self acceptance and self realization

Module III: Self Esteem & Effectiveness**(2 Hours)**

- Meaning
- Importance
- Components of self esteem
- High and low self esteem
- Measuring your self esteem

Module IV: Building Positive Attitude**(2 Hours)**

- Meaning and nature of attitude
- Components and Types of attitude
- Importance and relevance of attitude

Module V: Building Emotional Competence**(2 Hours)**

- Emotional Intelligence – Meaning, components, Importance and Relevance
- Positive and negative emotions
- Healthy and Unhealthy expression of emotions

Student learning outcomes

- Student will Develop accurate sense of self
- Student will nurture a deep understanding of personal motivation
- Student will develop thorough understanding of personal and professional responsibility
- Student will able to analyse the emotions of others for better adjustment.

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	10	15	70	100

Suggested Readings:

- Organizational Behaviour, Davis, K.
- Hoover, Judhith D. Effective Small Group and Team Communication, 2002, Harcourt College Publishers
- Dick, Mc Cann & Margerison, Charles: Team Management, 1992 Edition, viva books
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressler, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health, Vol.4, 1985.
- LaFasto and Larson: When Teams Work Best, 2001, Response Books (Sage), New Delhi
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 2, Group (1996); Pfeiffer & Company
- Smither Robert D.; The Psychology of Work and Human Performance, 1994, Harper Collins College Publishers