

SEMISTER-II

Inter Disciplinary Course :(Any One)

Paper No: 205 (Self awareness and Personality)

1. Main Objectives:

Unit: 1 Introduction:

- What is self awareness?
- What is NOT self awareness
- How to become self – aware:
Some way of thinking about yourself
- Personality: One way of thinking about yourself

Unit: 2 The Big Five Personality Dimensions:

- Openness.
- Conscientiousness-
- Extraversion
- Agreeableness.

Unit: 3 Johari windows:

- What is johari window?
- Fore quadrants.
- History of johari window.
- Usage of johari window application.
- Steps in johari window process.
- Strengths in johari window.

- Limitation of johari window.

Unit: 4 Self Concept:

- What is self concept?
- Formation of self concept.
- Parts of self concept:
 - Values
 - Beliefs
 - Attitude
 - Feelings
- How it affects our personality and our life.
- Restructuring the self concept.

References:

1. Aamodt, M. (2004) Applied Industrial Organization Psychology (4th ED.). Wadsworth Thomson Learning: Belmont, CA ISBN: 05459692.
2. Whetten, D. & Camron, K. (2002). Developing Management SKILLS (5TH Ed.) Prentice Hall: Upper Saddle, NJ.
3. Block, jack (2010). The five factor framing of personality and beyond: some ruminations. Psychological Inquiry, 21(1), 2-25.