SEMESTER –II

For those who joined in 2021-2022 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21G2VE	**Values for life**	**Lecture**	1	1

COURSE DESCRIPTION

The course aims at creating positive attitude among students and motivate them to set goals in life.

COURSE OBJECTIVES

- To enable students to learn the importance of self identity.
- To make them know their self worth and value.
- To enthuse them to set specific goals.

UNIT-I   ATTITUDE   (3 HRS.)

Attitude towards life- Factors determining attitude – Benefits of positive attitude-Steps to build positive attitude-negative attitude - consequences.

UNIT –II   MOTIVATION   (3 HRS.)

Difference between inspiration and motivation, external and

internal motivation, demotivating factors, steps to motivate others.

UNIT –III   GOAL SETTING   (3 HRS.)

Goal setting and its importance - reasons for not setting goals - steps in goal setting - Meaningless goals

UNIT –IV   CASE STUDIES   (3 HRS.)

Case studies on people with positive and negative attitude and on inspiring people.

UNIT –V   EXERCISES   (3 HRS.)

Individual:1. Setting short and long term goals.

2. Source of motivation

Group: Finding solutions with positive attitude for selected case studies .

REFERENCES

1. Shiv Khera (2000), **You can win,** Macmillan India Ltd.

2. Dr.C.S.G.Krishnamacharyulu and Dr.Lalitha Ramakrishnan (2012), ***Personality Development, Interpersonal Skills and Career Management,*** Himalaya Publishing House, New Delhi.

3. BarunK.Mitra (2012), ***Personality Development and Soft Skills,*** Oxford University Press, New Delhi.

4. Motivation and goal setting – Jim Cairo

5. Living with honour – Shiv Khera

WORKSHEETS TAKEN FROM:

Koikara, Felix. *Live Your Values.* Chennai: Don Bosco Youth Animation Centre, 1990. Print.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT-1	**ATTITUDE**			
1.1	Attitude towards life-Factors determining attitude	1	Lecture	LCD
1.2	Benefits of positive attitude-Steps to build positive attitude.	1	Lecture	LCD
1.3	Negative attitude - consequences.	1	Lecture	LCD
UNIT -2	**MOTIVATION**			
2.1	Difference between inspiration and motivation,	1	Lecture	Smart Board
2.2	External and internal motivation,	1	Lecture	Smart Board
2.3	Demotivating factors, steps to motivate others.	1	Lecture	Smart Board
UNIT-3	**GOAL SETTING**			
3.1	Goal setting and its importance -	1	Lecture	LCD
3.2	Reasons for not setting goals	1	Lecture	LCD
3.3	Steps in goal setting - Meaningless goals	1	Lecture	LCD

		UNIT -4		CASE STUDIES	
4.1	Case studies on people with positive attitude	1	Discussion	Smart Board
4.2	Case Studies on negative attitude and on inspiring people.	1	Discussion	Smart Board
4.3	Case Studies on inspiring people.	1	Discussion	Smart Board
		UNIT -5		EXERCISES	
5.1	Individual: Setting short and long term goals.	1	Discussion	Charts
5.2	Individual: Source of motivation	1	Discussion	LCD
5.3	Group: Finding solutions with positive attitude for selected case studies .	1	Discussion	PPT

Levels	C1	C2	C3	Total Scholastic Marks	Non Scholastic Marks C4	CIA Total	% of Assessment
	Individual Assignment 10Mks.	Individual Assignment 10Mks	Group Discussion & Presentation 15Mks.	35 Mks.	5 Mks.	40Mks.	
K2	10	-	-	10	-	10	25 %
K2	-	10	-	10	-	10	25 %
K3	-	-	15	15	-	15	37.5 %
Non Scholastic	-	-	-		5	5	12.5 %
Total	10	10	15	35	5	40	100 %

	CIA
Scholastic	**35**
Non Scholastic	**5**
	40

- **All the course outcomes are to be assessed in the various CIA components.**
- **The levels of CIA Assessment based on Revised Bloom's Taxonomy are :**

K2-Understand, **K3**-Apply, **K4 -** Analyse

- **The course teachers are requested to start conducting C1, C2 and C3 at due intervals of time.**

EVALUATION PATTERN

NON - SCHOLASTIC				MARKS		
C1	**C2**	**C3**	**C4**	**CIA**	**ESE**	**Total**
10	**10**	**15**	**5**	**40**	**60**	**100**

C1 – Individual Assignment

C2 – Individual Assignment

C3–Group Discussion and Presentation

C4 – Non - Scholastic

COURSE OUTCOMES

On the successful completion of the course, students will be able to:

CO 1.To describe positive and negative attitudes towards life.

CO 2.To build the right attitude towards life.

CO 3.To identify the significance of motivation.

CO 4.To differentiate between inspiration and motivation.

CO 5.To choose short and long term goals.

COURSE DESIGNER:

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