

**CENTRAL UNIVERSITY OF HARYANA**  
**School of Education**  
**Teaching Plan**

Programme: B.Ed.  
 Year: II  
 Course Code- SOE020425C1102  
 Credit: 02  
 Name of Teacher: Mrs. Archana Yadav

Session: 2017-19  
 Semester-IV  
 Course Title: Understanding the Self  
 Maximum Marks: 50

**1. Teaching and Examination Scheme:**

Teaching Scheme (Unit wise Division of Teaching hours)				Examination Scheme		
				CIA	TEE	Total Marks
Unit No.	L	T/P	(L+T+P)	15 Marks	35 Marks	50 Marks
I	15	3	18			
II	15	2	17			
TOTAL	30	5	35			

Legends: L- Lecture, T-Tutorial/Teacher Guided Student Activity, P- Practicum/Practical.  
 CIA-Continuous Internal Assessment and TEE- Term End Examination

**2. Unit-wise Teaching Plan:**

Unit/Topic	Approximate Hours (Lecture/ Tutorial/ Practicum/ Practical)	Content Outlines/Teaching Points	Teaching Strategies	Learning Outcomes	Evaluation Strategies	Suggested Learning Resources
<b>Unit-I</b> Exploring the Self 1. Exploring Self Identity and Self Image 2. Fundamentals of self-exploration: Self-concept, Self Identity, Self-Esteem, Self-motivation and Self-efficacy 3. Factors affecting exploration of self: Heredity and	14 Hours	1.1 Exploring Self Identity 1.2 Exploring Self Image 2.1. Fundamentals of self-exploration: 2.1.1. Self-concept 2.1.2. Self Identity 2.1.3. Self-Esteem 2.1.4. Self-motivation 2.1.5. Self-efficacy 3.1. Factors affecting exploration of self: 3.1.1. Heredity 3.1.2. environment	Lecture cum Discussion Group Discussions, use of audio and video materials	<b>On completion of this unit the students will be able to:</b> (i) Explain the concept of Self (ii) Recall the Fundamentals of self-exploration (iii) Understand and highlight the concept of Personality (iv) Explain the difference between Self Identity and Self Image (v) Highlight the Fundamentals of self-exploration: Self-concept, Self Identity, Self-Esteem, Self-motivation and Self-efficacy (vi) Understand the factors affecting exploration of self: Heredity and environment	Students' will prepare assignment and present their views/ideas on exploration of self in various personality after completion of the unit.	1. Lewis, M. & Brooks-Gunn, J. (1978). Self knowledge and emotional development. In M. Lewis & L. Rosenblum (Eds.), The development of affect: The genesis of behavior, 1 (pp. 205-226). New York: Plenum Press. 2. Luft J and Ingham H. (1955). The Johari Window: a graphic model for interpersonal relations, University of California Western Training Lab.

<p>environment</p> <p>4. Understanding the concept of Personality and its various types: Jung's Classification, Sheldon's Classification, Kretschmer's classification</p>		<p>4.1 Understanding the concept of Personality and its various types:</p> <p>4.1.1. Jung's Classification</p> <p>4.1.2. Sheldon's Classification</p> <p>4.1.3Kretschmer'sclassification</p>		<p>(vii)Understand the various types of Jung's Classification, Sheldon's Classification, Kretschmer's classification</p>	<p>&amp; Unit test</p>	<p>3. Rohrer, J. (2002). <i>ABC of Awareness</i>. Oberurnen: UTD Media.</p> <p>4. Sheorron, B. (2008). <i>The Presentation Skills Workshop</i>, Prentice Hall of India, New Delhi.</p> <p>5. Simanowitz, V. and Pearce, P. (2003). <i>Personality Development</i>. Beckshire: Open University Press.</p> <p>6. Snyder, C.R. (2011). <i>Positive Psychology: The Scientific and Practical Explorations of Human Strengths</i>. Sage Publishers.</p> <p><b>Web source:</b></p> <p>1. <a href="https://www.annualreviews.org/doi/pdf/10.1146/annurev.ps.38.020187.001503">https://www.annualreviews.org/doi/pdf/10.1146/annurev.ps.38.020187.001503</a></p> <p>2.</p> <p>3. <a href="https://s3.amazonaws.com/academia.edu.documents/42337592/Academic_Self-Concept_and_Self-Efficacy_20160207-29667">https://s3.amazonaws.com/academia.edu.documents/42337592/Academic_Self-Concept_and_Self-Efficacy_20160207-29667</a></p> <p>4. <a href="https://myipg.pdf?AWSAccessKeyId=AKIAIWOWYYGZ2Y53UL3A&amp;Expires=1543320724&amp;Signature=jtfn6KaNbX%2FvVylWNjmcFqtPoE%3D&amp;response-contentdisposition=inline%3B%20filename%3DAcademic_self-concept_and_self-efficacy.pdf">6myipg.pdf?AWSAccessKeyId=AKIAIWOWYYGZ2Y53UL3A&amp;Expires=1543320724&amp;Signature=jtfn6KaNbX%2FvVylWNjmcFqtPoE%3D&amp;response-contentdisposition=inline%3B%20filename%3DAcademic_self-concept_and_self-efficacy.pdf</a></p> <p>5. <a href="https://onlinelibrary.wiley.com/doi/epdf/10.1348/014466699164149">https://onlinelibrary.wiley.com/doi/epdf/10.1348/014466699164149</a></p> <p>6. <a href="http://southeastinform.org/Proceedings/2008/proc/p080527003.pdf">http://southeastinform.org/Proceedings/2008/proc/p080527003.pdf</a></p> <p>7. <a href="https://slideplayer.com/slide/4892851/">https://slideplayer.com/slide/4892851/</a></p>
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						8. <a href="http://www.wikihow.com/Identify-Your-Strengths-and-Weaknesses">http://www.wikihow.com/Identify-Your-Strengths-and-Weaknesses</a> 9. <a href="http://www.mindtools.com/pages/article/coaching-self-awareness.htm">http://www.mindtools.com/pages/article/coaching-self-awareness.htm</a> 10. <a href="http://www.selfawareness.org.uk/news/understanding-the-johari-window-model">http://www.selfawareness.org.uk/news/understanding-the-johari-window-model</a> 11. <a href="https://tojde.anadolu.edu.tr/tojde42/articles/article_2.htm">https://tojde.anadolu.edu.tr/tojde42/articles/article_2.htm</a>
<b>Unit-II Development of Self</b> 1. Techniques of Self Reflection (Introspection, Reflective Diary, Reflective Dialogue and discussion, Creative Imagery, Social media like blog and online communities) 2. Stress Management and Techniques of Relaxation 3. Social Interaction and Group Influence (Social Bonds, Group Formation, Cooperation & Competition) 4. Group & Social Harmony 5. Development of resilience 6. SWOC: Strength, Weaknesses, Opportunities and Challenges	<b>16 Hour</b>	1.1 Techniques of Self Reflection : 1.1.1 Introspection 1.1.2 Reflective Diary 1.1.3 Reflective Dialogue 1.1.4 discussion 1.1.5 Creative Imagery 1.1.6 Social media like blog and online communities  2.1. Stress Management 2.2 Techniques of Relaxation  3.1 Social Interaction 3.2 Group Influence: Social Bonds, Group Formation, Cooperation & Competition  4.1 Group & Social Harmony  5.1 Development of resilience  6.1 Strength & Weaknesses of SWOC 6.2 Opportunities and Challenges of SWOC	Lecture, PowerPoint presentations, MOOCs and e-platforms.  Lecture cum discussion, Group Discussions, use of audio and video materials	<b>On completion of this unit the students will be able to:</b> (i) Explain the concept of Stress Management and Techniques of Relaxation  (ii) Recall the Fundamentals of techniques of Self Reflection (Introspection, Reflective Diary, Reflective Dialogue and discussion, Creative Imagery, Social media like blog and online communities)  (iii) Understand and highlight the Social Interaction and Group Influence  (iv) Explain the difference between Group & Social Harmony  (v) Highlight the Development of resilience  (vi) Understand the SWOC: Strength & Weaknesses  (vii) Understand the various Opportunities and Challenges of SWOC	Students' will prepare assignment and present their views/ideas on development of self in various personality after complication of the unit.  & Unit test	1. Adair, J. and Allen, M. (1999). <i>Time Management and Personal Development</i> . London: Hawksmere. 2. Farrell, T. S. C. (2004). <i>Reflective practice in action</i> . Thousand Oaks, CA: Corwin Press, Inc. 3. Feldonan, R.S. (2009). <i>Essentials of Understanding Psychology Seventh Edition</i> , Tata McGraw Hill, New Delhi. 4. Gurol, A (2010) <i>Determining the reflective thinking skills of pre-service teachers in learning and teaching process</i> . Firat University, Turkey. 5. Hadfield, J. A. (1983). <i>Psychology and Morals</i> , Methuen & Co. London. 6. Kubalker, R. (2015). <i>Know your Stress- Manage Your Stress</i> , Neel Kamal Publishers. 7. Kurt, M., &Atamturk, N (2012) <i>Reflective practice and its role in stimulating personal and professional growth</i>  <b>Web source:</b> 1. <a href="http://cie.asu.edu/ojs/index.php/cieatasu/article/viewFile/225/127">http://cie.asu.edu/ojs/index.php/cieatasu/article/viewFile/225/127</a> 2. <a href="http://www.azimpremjiuniversity.edu.in/sites/">http://www.azimpremjiuniversity.edu.in/sites/</a>

						<p><a href="#">default/files/userfiles/files/Mythili_Ramchand.pdf</a></p> <p>3. <a href="http://www.teachingenglish.org.uk/article/reflective-teaching-exploring-our-own-classroom-practice">http://www.teachingenglish.org.uk/article/reflective-teaching-exploring-our-own-classroom-practice</a></p> <p>4. <a href="http://www.qou.edu/english/conferences/firstNationalConference/pdfFiles/zaidOdeh.pdf">http://www.qou.edu/english/conferences/firstNationalConference/pdfFiles/zaidOdeh.pdf</a></p> <p>5. <a href="http://cie.asu.edu/ojs/index.php/cieatasu/article/viewFile/225/127">http://cie.asu.edu/ojs/index.php/cieatasu/article/viewFile/225/127</a></p> <p>6. <a href="http://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=1740&amp;context=doctoral">http://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=1740&amp;context=doctoral</a></p> <p>7. <a href="http://www.ucd.ie/t4cms/Reflective%20Practice.pdf">http://www.ucd.ie/t4cms/Reflective%20Practice.pdf</a></p> <p>8. <a href="http://www.waikato.ac.nz/tdu/pdf/booklets/18_ReflectivePractitioner.pdf">http://www.waikato.ac.nz/tdu/pdf/booklets/18_ReflectivePractitioner.pdf</a></p> <p>9. <a href="http://www.learning-theories.com/experiential-learning-kolb.html">http://www.learning-theories.com/experiential-learning-kolb.html</a>:Kolb's Experiential Learning</p> <p>10. <a href="http://www.nathanielbranden.com/ess/ess12.html">http://www.nathanielbranden.com/ess/ess12.html</a>:Theory of Self Esteem by Nathaniel Brandon</p> <p>11. <a href="http://www.mindtools.com/pages/article/newTCS_06.htm">http://www.mindtools.com/pages/article/newTCS_06.htm</a> : Positive thinking.</p> <p>12. <a href="http://www.mas.org.uk/uploads/articles/Resilience_and_strengthening_resilience_in_individuals.pdf">http://www.mas.org.uk/uploads/articles/Resilience_and_strengthening_resilience_in_individuals.pdf</a>: Resilience</p> <p>13. <a href="http://www.yorku.ca/rokada/psycetest/rosenbrg.pdf">http://www.yorku.ca/rokada/psycetest/rosenbrg.pdf</a>:Rosenberg Self Esteem Scale.</p> <p>14. <a href="http://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html">http://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html</a>:Test on Learned</p>
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						<p><b>Optimism.</b></p> <p>15. <a href="http://www.mindfulnessresource.org/category/toronto-mindfulness-scale/">http://www.mindfulnessresource.org/category/toronto-mindfulness-scale/</a>:Toronto Mindfulness Scale.</p>
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**Internal Assessment Strategies:**

The thirty marks have been allotted under Internal Assessment. The following activities will be executed under Internal Assessment:

S. No.	Activity	Mode	Weightage of Marks
1	Two Sessional tests will be conducted (Best one will be considered)	Written Test	5
2	Preparation of an assignment on various topics and it is followed by presentation in the classroom (Group activity) and any other activity under Practicum	Assignment & Presentation (PPT)	7.5
3	Percentage of attendance		2.5
	<b>Total Marks</b>		15