

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN

November 2023 – April 2024

Department : English
Name/s of the Faculty : Dr Nazneen, Ms Sophia, Ms Sindhu, Ms Arpitha, Ms Grashiya, Ms Sayujya, Ms Tracy, Dr Veena, Ms Karunya, Ms Annie, Ms Sugi, Ms Karpagavalli, Ms Angel, Ms Aasha, Dr Devi, Ms Swarna
Course Title : Life Skills: Personality Development
Course Code : 23EL/SS/PD13
Shift : 1 & 2

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	identify strengths and weaknesses in themselves and others	K1
CO2	relate with others through effective communication and body language	K2
CO3	make use of interpersonal skills in team work and organise their activities	K3
CO4	survey the opportunities for learning and growth	K4
CO5	evaluate their strengths, weaknesses, opportunities and threats, and develop their personality	K5, K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Nov 22 – 23, 2023 (Day Order 1 & 2)	1	Self-Awareness 1.1 Self-esteem	K1-K4	2	1-4	Activity	Classroom Tasks
Nov 24-30, 2023 (Day Order 1 to 6)	1	1.2 Strengths and Weaknesses	K1-K4	3	1-4	Interactive Session	Classroom Tasks
Dec 1-7, 2023 (Day Order 1 to 6)	1	1.3 Accepting oneself	K1-K4	3	1-4	Activity	Classroom Tasks
Dec 8-9, 2023 (Day Order 1, 3)	1	1.4 Giving/receiving compliments	K1-K4	3	1-4	Role Play	Classroom Tasks
Dec 11-15, 2023 (Day Order 2 to 6)	1	1.5 Giving/receiving constructive criticism	K1-K6	3	1-5	Role Play	Classroom Tasks
Dec 16 – 22, 2023 (Day Order 1 to 6)	2	Personal Effectiveness 2.1 Interpersonal skills – Communication and Listening Skills	K1-K6	3	1-5	Activity	Classroom Tasks
Jan 3 – 6, 2024 (Day Order 1 to 4)	2	2.2 Creative Thinking	K1-K6	3	1-5	Activity	Classroom Tasks
Jan 8 – 12, 2024	C.A. Test - I						

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jan 13, 2024 (Day Order 1)	2	2.3 Dealing with stress	K1-K6	1	1-5	Role Play	Classroom Tasks
Jan 18 -20, 2024 (Day Order 4 to 6)	2	Cont.	K1-K6	3	1-5	Activity	Classroom Tasks
Jan 22-29, 2024 (Day Order 1 to 6)	2	2.4 Adapting to change	K1-K6	3	1-5	Activities	Classroom Tasks
Jan 30 – Feb 2, 2024 (Day Order 1 to 4)	2	2.5 Team work and Group dynamics	K1-K6	2	1-5	Interactive Session	Classroom Tasks
Feb 3, 2024 (Day Order 2)	2	2.6 Leadership skills	K1-K6	1	1-5	Activity	Classroom Tasks
Feb 5- 6, 2024 (Day Order 5 to 6)	3	Charting the Future 3.1 Time management	K1-K6	1	1-5	Interactive Session	Classroom Tasks
Feb 7 – 14, 2024 (Day Order 1 to 6)	3	Cont.	K1-K6	3	1-5	Activity	Classroom Tasks
Feb 15 – 22, 2024 (Day Order 1 to 6)	3	3.2 Goal setting	K1-K6	3	1-5	Interactive Session	Classroom Tasks

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Feb 23 – 24, 2024 (Day Order 1 & 5)	3	Cont.	K1-K6	2	1-5	Activity	Classroom Tasks
Feb 26 – Mar 1, 2024 (Day Order 2 to 6)	3	3.3 Choice of career/vocation	K1-K6	2	1-5	Lecture	Classroom Tasks
Mar 2, 2024 (Day Order 1)	3	3.4 Career mapping	K1-K6	1	1-5	Interactive Session	Classroom Tasks
Mar 4 –8, 2024	C.A. Test - II						
Mar 9 – 16, 2024 (Day 6 & Day Order 1 to 6)	3	Cont.	K1-K6	3	1-5	Activity	Classroom Tasks Home Assignment
Mar 18 - 19, 2024 (Day Order 2 to 3)	3	Cont.	K1-K6	1	1-5	Interactive Session	Classroom Tasks
Mar 20-22, 2024 (Day Order 4 to 6)	REVISION						