

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : English

**Name/s of the Faculty : Ms. Annie Swetha S.A., Ms. Karpagavalli M., Ms. Aasha John, Ms. Stephy Monisha P., Ms. Shekinah, Dr
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Course Title : Life Skills: Personality Development

Course Code : 23EL/SS/PD13

Shift : II

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
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	Self Awareness 1.1 Self esteem 1.2 Strengths and weak	K1-K4	3	1-4	Lecture, Discussion	Other Components

Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.3 Accepting Oneself	K1-K4	3	1-4	Lecture, Discussion	Other Components
July 5 – 12, 2024 (Day Order 1 - 6)	1	1.4.Giving and receiving compliments	K1-K4	3	1-4	Lecture, Discussion	Other Components
July 15 – 23, 2024 (Day Order 1 - 6)	1	1.5 Giving constructive criticism	K1-K4	3	1-4	Lecture, Discussion	Other Components
July 24 – 31, 2024 (Day Order 1 - 6)	2	Personal Effectiveness 2.1 Interpersonal skills – Communication and listening skills	K1-K6	3	1-5	Lecture, Discussion	Other Components
Aug 1 – 5, 2024 (Day Order 1 - 3)	2	2.2 Creative thinking	K1-K6	3	1-5	Lecture, Discussion	Other Components
Aug 6 – 10, 2024	C.A. Test – I						

Aug 12 – 14, 2024 (Day Order 4-6)	2	2.3 Dealing with stress	K1-K6	3	1-5	Lecture, Discussion	Other Components
Aug 16 – 23, 2024 (Day Order 1-6)	2	2.4 Adapting to change	K1-K6	2	1-5	Lecture, Discussion	Other Components
Aug 27 – Sep 3, 2024 (Day Order	2	2.5 Team work and group dynamics	K1-K6	2	1-5	Lecture, Discussion	Other Components

1-6)							
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Sep 4 – 11, 2024 (Day Order 1-6)	2	2.6 Leadership skills	K1-K6	2	1-5	Lecture, Discussion	Other Components
Sep 12 - 20, 2024 (Day Order 1-6)	3	Charting the Future 3.1 Time management	K1-K6	2	1-5	Discussion, Presentation	Other Components
Sep 23 - 26, 2024 (Day Order 1-4)	3	3.2 Goal setting	K1-K6	2	1-5	Discussion, Presentation	Other Components
Sep 27 – Oct 3, 2024	C.A. Test – II						
Oct 4 – 5, 2024 (Day 5 & 6)	3	3.2 Goal setting	K1-K6	2	1-5	Discussion, Presentation	Other Components

Oct 7 - 15, 2024 (Day Order 1 to 6)	3	3.3 Choice of career/vocation	K1-K6	3	1-5	Discussion, Presentation	Other Components
Oct 16 - 22, 2024 (Day Order 1 to 6)	3	3.4 Career mapping	K1-K6	3	1-5	Discussion, Presentation	Other Components
Oct 23 - 24, 2024 (Day Order 1 to 2)	REVISION						