

Bourke, J., Garr, S., van Berkel, A., and Wong, J. (2017). Diversity and inclusion: The reality gap. Deloitte University: <https://www2.deloitte.com/insights/en/focus/human-capital-trends/2017/diversity-and-inclusion-at-the-workplace.html>

Lup, D. (2017). Becoming a manager increases men's job satisfaction, but not women's. <https://hbr.org/2017/11/research-becoming-a-manager-increases-mens-job-satisfaction-but-not-womens>

Phillips, K. W. (2014). How diversity makes us smarter, *Scientific American*, 311 (4). <http://www.scientificamerican.com/article/how-diversity-makes-us-smarter>

Stockton, H. & Bourke, H. (2014). From diversity to inclusion: Shift from compliance to diversity as a business strategy. Deloitte University: <https://www2.deloitte.com/global/en/pages/humancapital/articles/diversity-to-inclusion.html>

Thomas Jr, R. R. (1990). From affirmative action to affirming diversity. *Harvard Business Review*, 68(2), 107-117.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE

DISCIPLINE SPECIFIC EFFECTIVE COURSE - 3: SELF AND PERSONAL

COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE-3 Self and Personal Growth	4	3	1	0	Passed Class 12 th	Basic knowledge of introductory psychology

Learning Objectives

The Learning Objectives of this course are as follows:

- To explore and understand the concept of self.
- To identify the meaning of self in a social world.
- To help the students understand the idea of self from the Indian and Western perspective.
- To facilitate personal growth and the development of an individual.

Learning Outcomes

After completing this course, the student will be:

- Able to understand the idea of self; it's antecedents and place in the social world.
- Able to understand the notion of self from an Indian and western perspective.
- Equipped with skills of self-management.

SYLLABUS OF DSE - 3

Unit – I

(12 Hours)

Understanding Self

Self-concept: Nature; Factors shaping the self-concept; Sources of self-concept; Impact of culture, gender, and other social factors on the self-concept.

Self and Identity in the social world/context; Influence of social media and technology on self-identity and self-presentation.

Unit – II

(12 Hours)

Theories of Self

Concept of Self in the Indian context (Ātman, Purusha, Jiva); and its relation to personal growth; The concept of Sat-chit-ananda and its relationship to self-realization and personal growth; Carl Rogers' theory on self; Carl Jung's concept of self: Jung's concept of the self as an archetype and its relationship to individuation; Neuroscience of Self

Unit – III

(6 Hours)

Managing Self

Self-regulation: Importance and Strategies; Self-presentation: Strategies for enhancing self-presentation skills; Subjective wellbeing: Definition; contributing factors.

UNIT – IV

(15 Hours)

Personal Growth

Developing character strengths and virtues;
Hope, Optimism and Resilience: Role in coping with adversity and promoting personal growth; Strategies for developing these qualities and enhancing personal growth and well-being; Understanding the challenges and potential barriers to personal growth and strategies for overcoming them.

Tutorial component

(15 Hours)

Suggestive Tutorial Activities:

- Group Discussion
- Case Study Analysis
- Comparative Analysis
- Self-Reflection Journal
- Strengths Assessment

Practical component – NIL

Essential/recommended readings

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge

Cornelissen, M., Varma, S., Mishra, G., & Paranjpe, A. C. (1999). *Self and identity in modern psychology and Indian thought*. New York: Plenum Press

Dalal, A. K. & Mishra, G. (Ed) (2011). *New Directions in Health Psychology*. Sage.

Mishra, G. (2017). *Psychosocial Interventions for Health and Well-Being*. Springer.

Popper, K. R. & Eccles, J.C. (2012). *The Self and its Brain*. Springer Science & Business Media.

Stevens, R. (1996). *Understanding the Self*. Sage Publications.

Weitan, W. & Lloyd, M. A. (2007). *Psychology Applied to Modern Life*. 8th Ed. Wadsworth Publishing Company.

Suggestive readings

Luft, J. & Ingham, H. (1955). "The Johari window, a graphic model of interpersonal awareness". *Proceedings of the Western Training Laboratory in Group Development*. Los Angeles: University of California.

Kahneman, D. (2011). *Thinking, Fast and Slow*. New York.

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