

**Dr. Annasaheb G.D.Bendale Mahila Mahavidyalaya, Jalgaon**  
**Department of Psychology**  
**(Deesha Counseling Center)**

Title of Course: Certificate Course in Personality Development

Name of Coordinator:- Dr. A. B. Patil

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**Course Objectives:-**

- 1) To impart basic knowledge of personality development.
- 2) To inculcate personality development skills among students.
- 3) To encourage students for their personality development.

**Duration of the course:-** 03 months

**Fees Structure:-** 300 Rs.

**Course outcomes:-**

- 1) Students can know the basics of personality
- 2) Students can get opportunities to develop their own personality.
- 3) Students can get confidence to help others to develop their personality.

**Course structure:-**

- 1) Paper-I Personality-100 Marks
- 2) Paper-II Personality Change-100 Marks
- 3) Paper-III- Measurement of personality (Practical) -100 Marks

**Eligibility criteria:-** 12 th standard passed.

**Skeleton of course**

| Sr.No | Paper | Name of subject            | Theory/<br>practical | Teaching<br>hours | Max   |    |     | Passing |    |    |
|-------|-------|----------------------------|----------------------|-------------------|-------|----|-----|---------|----|----|
|       |       |                            |                      |                   | Marks |    |     |         |    |    |
| 1     | I     | Personality                | Theory               | 08                | 60    | 40 | 100 | 24      | 16 | 40 |
| 2     | II    | Personality Change         | Theory               | 08                | 60    | 40 | 100 | 24      | 16 | 40 |
| 3     | III   | Measurement of personality | Practical            | 14                | 60    | 40 | 100 | 24      | 16 | 40 |

Internal marks will be divided in 3 parts e.g, 05 marks for attendance, 10 marks for home assignment, tutorials and 25 marks for internal tests.

**Maximum staff:-**02

**Mode of examination:** At the end of the course

**SYLLABUS**  
**PAPER- I - Personality**

**Objectives –**

- 1. To develop understanding about nature of human Personality.**
- 2. To develop insight about personality development.**

**CHAPTER 1: Nature of Personality**

- 1.1 Definition, misconceptions of personality
- 1.2 Theories of personality-Freud, Cattell, Rogers
- 1.3 Personality measurement

**CHAPTER 2: Intelligence**

- 2.1 Concepts and Nature
- 2.2 Classification of intelligence from MR-Genius
- 2.3 Intelligence measurement

**CHAPTER 3: Positive attitude**

- 3.1 Nature and Concepts
- 3.2 Formation of attitude
- 3.3 Attitude change

**CHAPTER 4: Stress**

- 4.1 Meaning of stress
- 4.2 Reaction to stress
- 4.3 Stress management

**Reference books:**

- 1-Ewen, R., B., (2010 ): An Introduction to theories of Personality, Psychology press, Taylor and Francis group, New York.
- 2-Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4th Edn. Wiley: India.
- 3-Hurlock E (1976) Peersonality Development, Tata Mc Graw-Hill, New Delhi 110002.
- 4-Barve B.N (2015) Vyaktimatva Sidhant Vidya prakashan Nagpur-440018
- 5-Chaudhari,Pawar, Jadhav (2007) aadhunik Samajik Manasshastra, Prashant Publication, Jalgaon,425001.
- 6-Patil A, Rajhans M (2004) Jivanoupyogi Manasshastra, Unmesh Prakashan Pune 411030

## PAPER- II- Personality Change

### Objectives –

1. To know the students basic process of personality change.
2. To develop understanding about personality development.

#### CHAPTER 1: Basics of personality Change

- 1.1 Characteristics of attractive personality-Physical,
- 1.2 Mental and Social
- 1.3 Character development

#### CHAPTER 2: Leadership

- 2.1 Definition, Functions,
- 2.2 Characteristics of leadership
- 2.3 Leadership and personality

#### CHAPTER 3: Self Presentation

- 3.1 Nature of presentation-Skill, Practice, important points
- 3.2 Listening skills
- 3.3 Conversation skills

#### CHAPTER 4: Conflict management and time management

- 4.1 Definition, Types of conflict
- 4.2 Conflict management
- 4.3 Time management-objectives and purposes, wastage of time

### Reference books:

- 1-Patil V.B (2014) Vyaktimatv vikas,Atharv Publication, Dhule 424001
- 2- Patil A, Rajhans M (2004) Jivanoupyogi Manasshastra, Unmesh Prakashan Pune 411030
- 3-Hatfield,Hasan G (2010) Kontyahi Paristhit Tham Kase Rahave? Diamond Publication Pune 411030.
- 4- Pendase A (1997) Dehbolli, Nilkanth Prakashan Pune 411030

## PAPER- III- Personality Measurement (Practical)

### Objectives-

1. To know the students knowledge about psychological test.
2. To develop insight about the relation between psychological test and personality development.

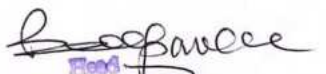
- 1 Interest Test (Educational/Vocational)
- 2 Study Habit testing
- 3 Aptitude testing
- 4 Marital adjustments
- 5 Attitude testing
- 6 Achievement motivation testing
- 7 Personality testing
- 8 Intelligence test: a) Koh's block b) Pass-along

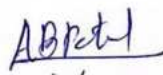
### External Evaluation: 80 Marks

1. Instruction and administered 15 Marks
2. Journal -- 15 Marks
3. Report writing -- 15 Marks
4. Viva-voce -- 15 Marks

### Reference books:

- 1) Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.
- 2) Kaplan, R.M. & Saccuzzo, D.P. (2007). Psychological Testing: Principles, Applications, and Issues. Australia: Thomson Wadsworth
- 3) Miller, McIntire and Lovler (2011). Foundation of psychological testing, 3rd, Sage publication, California

  
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