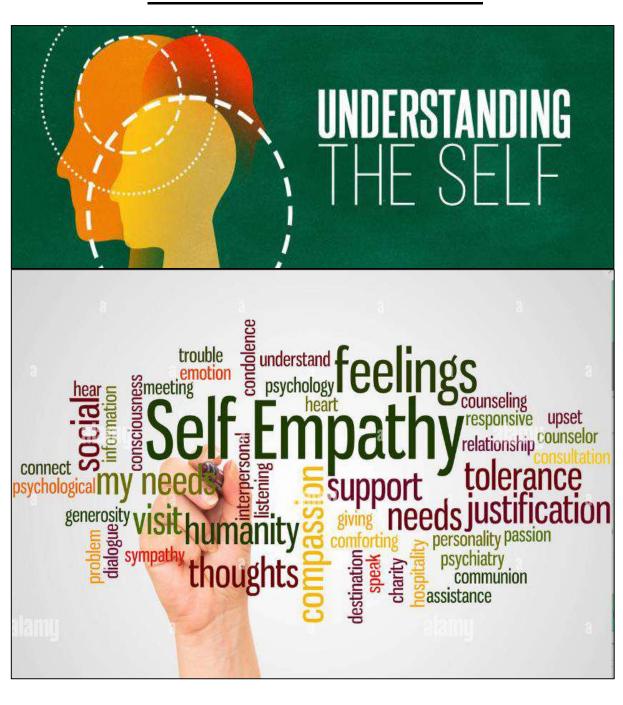# Royal College of Education and Research for Women

Academic year – 2023-24

Value Added Course

UNDERSTANDING THE SELF

Objectives

1. To develop holistic and integrated understanding about themselves.

2. To identify their potential and challenges.

3. To undertake self-reflection

4. To maintain peace and harmony within themselves.

5. To manage conflict effectively.

MODULE: 1 THE WORLD WITHIN THE SELF (1 Credit)

Unit 1: Exploring the Self

a) Exploring self-identity and self-image

b) Analysis of strengths, weaknesses, opportunities, challenges. (SWOC)

c) Techniques of Self Reflection (Reflective Diary, Creative Imagery, Reflective

Dialogue and discussion, Social media like blog and online communities)

Unit 2: The Evolving Self

a) Development of self-esteem and self confidence

b) Management of emotions.

c) Positive thinking

MODULE: 2 SELF AND THE WORLD (1 Credit)

Unit 3: The Emerging Self

a) Personal mastery through self-compassion, spirituality and value system.

b) Harmony and peace with self through mindfulness.

c) Development of resilience.

Unit 4: The Caring Self

a) Empathetic listening and sensitivity.

b) Assertive self-expression.

c) Conflict resolution.

MODULE 3: SUGGESTED TASK/ASSIGNMENT ACTIVITIES (1 Credit)

a) Present a narrative on "Your Journey as a person". Include major insights, takeaways,

Breakthroughs achieved and action plans for the future

b) Prepare a student portfolio containing evidences of your strengths in the form of Creative art/ writing/ pictures of your achievements/ testimonials/ appreciation received. How have these achievements helped you to evolve as a person by helping you build a positive self-image?

c) Identify one personal conflict experienced and the process of resolution of the conflict.

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Proposed Course ……………

<u>Certificate Course of School Counselling (CCSC)</u>

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