

SEC-181: CONFIDENCE BUILDING

(Contact Hrs-45, Credits-3)

Course Objectives: This course will help learners to explore the concept of self-confidence: how it is acquired, how it can be sabotaged, and how it can be changed. It will enable the learners to develop strategies, tools and techniques to build a positive self-image. It will also help the learners across all programs understand the nature of identity, the factors and forces that affect personal development, and maintenance of personal identity.

Learning Outcomes

At the end of the Course students are able to:

1. translate concepts to real life situations
2. identify the problems and situations
3. acquire skills and to achieve self-defined goals

Unit I Self –Confidence

- Concept and Types of Self – Confidence
- Self Confidence : Nature or Nurture
- Needs and Importance of Self- Confidence
- Goals – Setting for Building Self- Confidence

Unit II Skills for Confidence Building

- Physical exercise to boost confidence
- Yoga for mindfulness
- Outdoor confidence building activities
- Practice public speaking

Unit III Life Skills

- Practice communication skills in the classroom
- Interpersonal Relationship Skill with peer mates
- Self awareness building skills in the classroom
- Group activity in the classroom

Assignments (Choose any one)

1. Transforming Negative Self- Talk: Identify the things that triggers negative self-talk, and reframe these thoughts positively and boost confidence.
2. Maintain a Gratitude Journal by intentionally noticing the positive in the self, in others and the world around.
3. Maintain a Goal Journal by setting and achieving goals.

References

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