

# PSYCHOLOGY OF SELF AND IDENTITY

Duration: 36 Hours

## OBJECTIVES

- Knowing Self
- Self-evaluation of ones thoughts and actions
- Develop the capacity for self-reflection and personal integration
- Capacity to establish happiness and peace with oneself

## OUTCOMES

1. Scientific measurement: Understanding of ‘Self’ leading to happiness
2. Empirical evaluation of the concept of ‘Self’
3. Role of parenting and peer group in development of concept of ‘Self’
4. Handling Identity crisis
5. Understanding the role of self- care for a happy life

## SEMESTER-I

### UNIT-I (9Hrs)

- Defining and Understanding Others, Self, Identities & Relationships.
- Self-awareness: Definition, Benefits and Tips to improve self-awareness and handling identity crisis.
- Ego & Self Esteem
- Role of parenting and peers in developing ‘Self’ & Understanding others.

### Unit II (9Hrs)

- **Mindfulness and meditation in handling daily hassles**
- Self-efficacy: Meaning, Types and its significance in life.
- Ways to improve Self-efficacy
- Self care and its importance

### Unit III (9 Hrs.)

- Emotional Wellbeing: Concept, Application of emotional wellbeing
- Gratitude and Resilience

#### **Unit IV: (9Hrs)**

- Project Work

#### **List of Activities:**

##### **Unit I**

- **Situational Self Awareness Scale/ Self Awareness Worksheet**
- **Mindfulness, Meditation, Yoga and Grounding Techniques**
- **Thought Diary/Journal writing**
- **Self Discovery: A Walk with ‘Self’**
- **Questionnaire: On Self Concept**
- **Learning by observation: Observing Others ( Sample Checklist will be provided)**

##### **Unit-II**

- **I Believe I Can; Activity to motivate students towards strength building**
- **Personal Identity Wheel group Activity**
- **‘The Tree of Life’: an exercise for reclaiming direction of life**
- **Self-care assessment worksheets**

##### **Unit-III**

- **Art Therapy in developing ‘Self’**
- **Watching and reviewing an Artwork (Movies/podcasts/Tedtalks)**
- **Sensory Development: Baking, reading a Book, making a sculpture, painting,**
- **Creative spirit: spin a yarn**
- **Oxford happiness questionnaire**
- **30 day Happiness Challenge: an activity a day**

##### **Unit-IV**

- **Behavior Change Plan**

**Assessment: 100 Marks**

**Written Exam (MCQ): 50 Marks**

**Research Based Project Work: 30 Marks**

**Activity Based Assessment: 20 marks**