

# MAHAJUBILEE TRAINING COLLEGE

MULLOOKARA - THRISSUR (DT.) Pin: 680 583



## EDU 402 (EPC 4) UNDERSTANDING THE SELF

Year .....2020-2022.....

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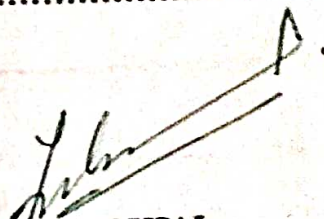
Optional Subject .....SOCIAL SCIENCE.....

  
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# 1. INTRODUCTION

Understanding the self-concept is an important factor because it influences how we think, feel and act everyday life. It is particularly important for education sector because this includes unbiased self awareness. Self and identity are highly contingent upon culture. As an individual in a society one has different identities gender, relational, cultural and it is important to address once implicit belief stereotype and prejudice resulting from these identities.

This course will enable us to develop holistic and integrated understanding of the human self and personality. It mainly focuses on childhood experiences, gender and upbringing, deconstructing the messages of advertisement, yoga and art integrated education.

## 2. LEARNING OUTCOMES

On the successful completion of the course, the learner will be able to :-

- Exhibits accurate sense of self.
- Nurture a deep understanding of personal motivation.
- Construct and practice personal and professional responsibility.
- Understand the physical, mental, emotional and spiritual position of life.
- Understand the meaning, importance and various factors related to self-concept and self-esteem.
- Assist to have good knowledge and understanding of self.
- Make changes in things which enables one to create a life that was expected.
- Empowers to manage your self effectively.
- Build and develop meaningful relationship.
- Construct a strong sense of well-being.

### 3. NEED AND SCOPE

Self-study allows students to take learning at their own pace, focusing on areas they are most interested in. This helps reduce feelings of frustration, anxiety or boredom that students may struggle with in a classroom setting. Self-awareness is the foundation for change, for growth and for all of the personal development we strive to accomplish. When we possess a strong understanding of our selves, we are able to understand our reactions, decipher the responses of others and recognize the areas in which we could use some positive development. Knowing and understanding yourself past would help you to make much better decisions, it will improve your decision making habits, in setting and reaching appropriate goals and altogether living more productively and more.