

Understanding the self

Government College of Education
Akola

and

H.H Swami Chinmayananda
Studies Centre

Workshop on

- Understanding the self –

Co-ordinator

Dr.Vasudha V. Deo

Associate Professor

Worksheet as per Syllabus

Understanding the self
EPC - 404: Understanding of Self

Credits: 2 Marks: 50

The aim of this course is to develop understanding of student teacher about the development of the self as a person and as a teacher through continuous reflection. The course will enable the student teacher to develop a holistic and integrated understanding of one self and her/his personality.

Personality development workshop should be conducted and following aspects can be included:-

Course Objectives-

- To develop understanding of student-teachers about themselves the development of the self as a
- person and as a teacher
- To develop sensibilities, dispositions, and skills that will later help them in facilitating the
- personal growth
- To develop social relational sensitivity and
- To develop effective communication skills, including the ability to listen and observe
- To develop a holistic and integrated understanding of the human being and personality
- To build resilience within to deal with conflicts at different levels and learn to create teams to
- draw upon collective strengths
- Inculcation of Self Reflection

COURSE OUTLINE:

- Developing a concept of 'self'
- Understanding oneself as others see them
- Understanding one's emotions:
 - o Happiness
 - o Anger
 - o Disgust
 - Earning to exercise self control and self restraint
 - Inculcating strategies for tolerance and handling uncouth behaviour and condescending attitudes
 - of people around us.
 - Understanding One's strengths and Weaknesses
 - Understanding one's Values and Priorities
 - Analysing oneself, accepting oneself as one is.
 - Being Wise, Being fair, Being sensitive, Overcoming peer pressure.

MODE OF TRANSACTION:

The course will be transacted in Workshop mode wherein there will be 15 sessions which are to be completed and turned in during the next session. These sessions shall entail: small group discussions, group discussions, sharing of experiences (with a single partner, in a small group, or with the whole group), games, deliberating on case studies, Video shows and discussions

Understanding the self

thereafter, screening of films and subsequent discussions, sharing of thoughts, feelings, dilemmas and fears etc. Transaction shall require two hours per week on a single day (30 hours) with students divided in groups of not more than 25, under supervision of two to four teachers per group.

Each session will involve

1. Orientation about the session and its theme & expectations from students.
2. Group formation (different groups are to be formed every time).
3. Activity/ discussion.
4. Assignment (collection of assignment of the previous session and explanation of assignment of the current session) and briefing about any particular aspect of the forthcoming session.

At the beginning of every session two students would be identified to write the summary of the class and present the summary in about five to ten minutes at the beginning of the next session.

Workshop sessions:

Session	Theme
1	Ice breakers and Introductions of members. ASSIGNMENT: write about any two people of the group who impressed you most/touched you/ inspired you most (Max 150 words each)
2	WHO AM I? Understanding the concept of 'SELF' ASSIGNMENT: Describe your own understanding of what is 'Self'.
3	UNDERSTANDING MYSELF My goals, desires and feelings; my expectations from my family ASSIGNMENT: Reflect and describe your own action/ behaviour in this context. Make a list of people that you are grateful to and why?
4	MY PERSONALITY: Partners Exercise: Each partner to be supplied with two sets of JOHARI WINDOW hand out: Discover your personality characteristic/ type: 1. The Open/Receptive 2. The Blabber mouth 3. The Pumper 4. The Hermit ASSIGNMENT: Describe your partner's personality
5	HAPPINESS What makes you Happy? ASSIGNMENT: 1. Recall your experiences and identify the situations that made you happy. 2. Observe yourself throughout any one day and see what proportion of the day you felt happy. Are the causes of these states dependent on the outside factors or the Internal

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	states? Evaluate any two instances of the day in details.
6	<p>ANGER: Deliberate in a small group on: What situations/reasons anger/annoy me? What thoughts predominate my mind when in rage? How do I react? Activity: Recall your experiences and identify the situations that made you angry. Make a list. Is anger a sign of power or helplessness? Do I suppress or express my anger? Do I ever regret? How do I control my anger? ASSIGNMENT: Recall your (or of a person you know closely) feelings/reactions after an unpleasant expression of anger.</p>
7	<p>MY PRIORITIES AND VALUES In a small group discuss and answer the following: Activities: <ul style="list-style-type: none"> • What meaning and importance do these have for you? Arrange them in order of importance and explain why? Success, Recognition, Fame, Happiness, Affluence..... • What would you rather be beautiful/ rich/ wise/ fair/ compassionate? Explain why? ASSIGNMENT: Write a brief reflective report on this experience.</p>
8	<p>STRENGTHS Deliberate in a small group upon the question What are my Strengths? What can I do to enhance them? ASSIGNMENT: Write a paragraph: describing your strengths. How does it affect people around you?</p>
9	<p>WEAKNESS Deliberate in a small group upon the question What are my Weaknesses? What can I do to overcome them? What are my Fears/ anxieties? How can I overpower these? ASSIGNMENT: Do people in your environment think differently about you or all think in the same way about you? Include opinions of your acquaintances and Family.</p>
10	<p>CONDESCENDING ATTITUDE Individual Activity: Answer the question to yourself and discuss in a group: Do you feel the need to boast? Why? Why not? Are you at peace with yourself? ASSIGNMENT: Observe people around you? Listen to their conversations. How much of I, ME, MY MYSELF, statements do you hear? How do others respond to that? Write a brief report.</p>
11	<p>SELF CONTROL Individual Activity: Write in points answers to the following: What type of People / characteristics of people you detest most? How do you handle them outwardly?</p>

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	<p>Inwardly? ASSIGNMENT: Observe people around you? Analyse your own feelings. How did you exercise self control in handling them? Write a brief report.</p>
12	<p>SELF ANALYSIS Individual Activity: Answer the question to yourself and discuss in a group: Do I like myself? Should others like me? Why? Or Why not? ASSIGNMENT: Write a brief report on your; self analysis.</p>
13	<p>SELF CONFIDENCE & PEER/SOCIAL PRESSURE Individual Activity: Answer the question to yourself and discuss in a group: How do you rate your physical appearance? Is it a problem for you that you are not as handsome/ good looking/ Beautiful as you would have liked to be? Do you look at yourself based on others perception of you? Is material/money important in your self esteem? ASSIGNMENT: Identify your goals and desires. How far is your peer group responsible for these?</p>
14	<p>FEEDBACK: How has this course helped you in self exploration?</p>

ASSESSMENT:

Students will be assessed and given marks out of 50.

Of which 20 marks will be for the Oral examination of individual students in front of a panel of teachers and 30 marks will be for the Participation and Regularity.

Each assignment must be turned in on the next scheduled session. The assignments not submitted in time will not be taken. Assignments will be evaluated on the basis of their quality and genuineness.

Suggested Readings:

1. Berne, Eric. 1962, Games People Play: The psychology of human relationships, Carmel, California.
2. Bly, Robert. W. Time Management: Make Every Second Count. Jaico Publishing House. India.
3. Covey, Stephen. R. 1989, The 7 Habits of Highly Effective People: Powerful Lessons in Personal
4. Elgin, Suzette. Haden. 1997. How to disagree without being disagreeable. John Wiley & Sons, Inc. Professional, reference and Trade Group 605 Third Avenue, New York, N.Y. 10158-0012.
5. Harris, Thomas. A. 1995, I'm OK- You're OK. Arrow Books, Cox & Wyman Ltd, Reading, Berkshire.
6. Sharbuno, Jeanne. 52 Ways to Live Success. Jaico Publishing House. India
7. Sullivan, Debra. R. 2006, Learning to Lead: Effective Leadership Skills for Teachers of Young Children (Redleaf Press Series) ISBN-10: 0131727907, 13: 9780131727908. Merrill Publishers.
8. Singh, S.K. (2008). Becoming a Teacher. Varanasi: Amrit Prakashan

Understanding the self
Assignment No.1

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UNDERSTANDING THE SELF

Dr. Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: Write about any two people of the group who impressed you most touched you / inspired you most.

- 1) नावः
- 2) शिक्षणः
- 3) स्वभावः
- 4) आवडी - निवडीः
- 5) आदर्श व्यक्तिमत्व :
- 6) त्यांना राग केव्हा येतो ? कशाचा येतो ?
- 7) त्यांना जास्तीत जास्त आनंद केव्हा होतो ?

8) त्यांचा आयुष्याबद्दलचा दृष्टीकोन?

9) त्यांचा जीवनाचे ध्येय काय आहे ?

10) त्यांच्याजीवनातील प्राधान्य क्रम कोणते ?

11) त्यांचा आपल्या कुटुंबाकडून व समाजाकडून अपेक्षा काय आहेत ?

12) त्यांच्याबद्दल माझे मत / माझे निरीक्षण

- 1) नावः
- 2) शिक्षणः
- 3) स्वभावः
- 4) आवडी - निवडीः
- 5) आदर्श व्यक्तिमत्व :

6) त्यांना राग केव्हा येतो ? कशाचा येतो ?

7) त्यांना जास्तीत जास्त आनंद केव्हा होतो ?

8) त्यांचा आयुष्याबद्दलचा दृष्टीकोन?

9) त्यांचा जीवनाचे ध्येय काय आहे ?

10) त्यांच्याजीवनातील प्राधान्य क्रम कोणते ?

11) त्यांचा आपल्या कुटुंबाकडून व समाजाकडून अपेक्षा काय आहेत ?

12) त्यांच्याबद्दल माझे मत / माझे निरीक्षण

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Assignment No.2

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Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: Describe your own understanding of “What is self”.

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Understanding the self
Assignment No.3

Government college of Education, Akola

UNDERSTANDING THE SELF

Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: My Goals, My desires, my feelings & My Expectations from my Family. Reflect and describe your own action behavior in this context. Make a list of people that you are grateful to &why ?

My Goals	My Desires

Understanding the self

My Feelings

Expectations From Family

My Purpose of Life : -

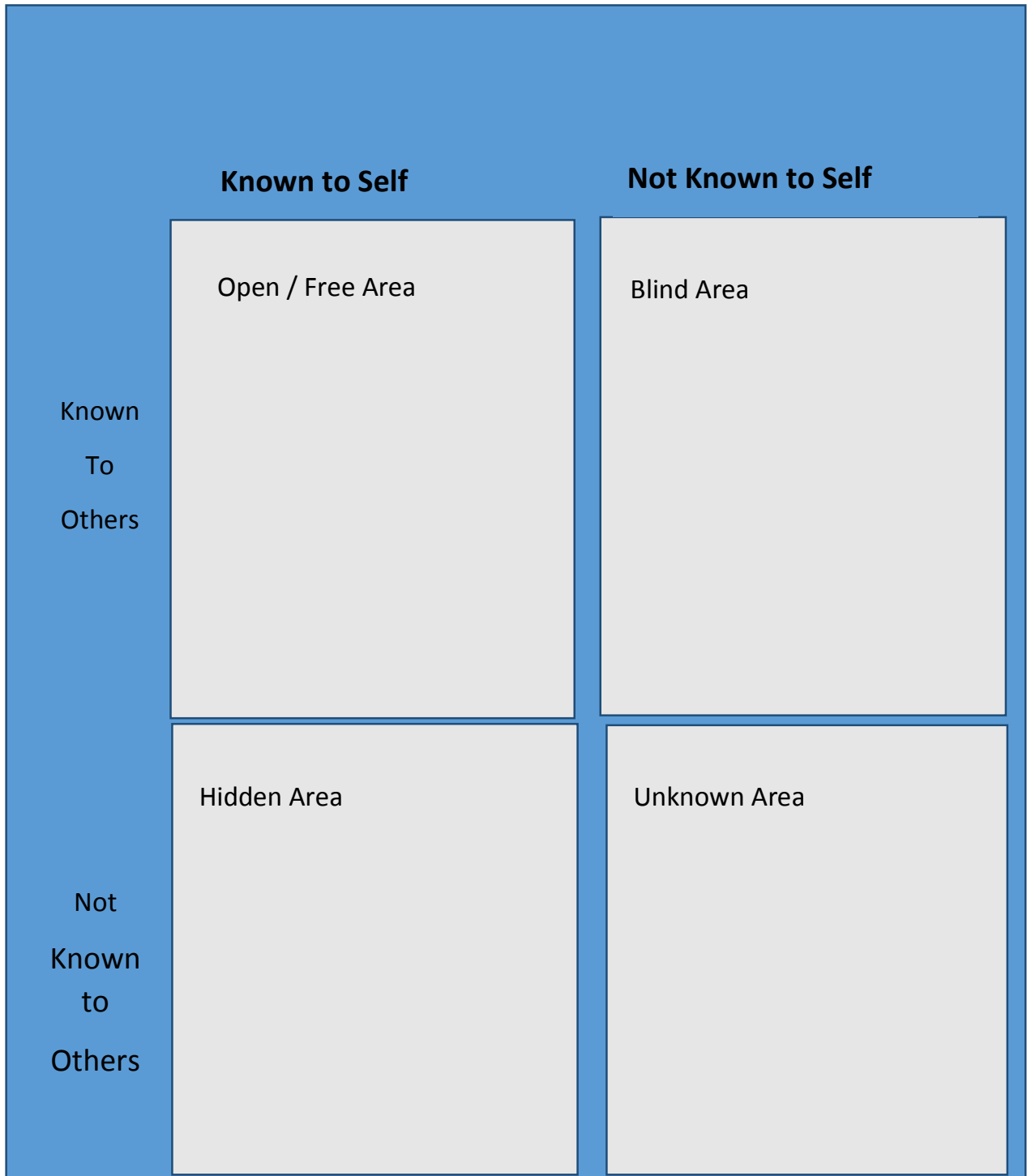
Reflections : -

List of people that you are grateful to :-

Why you are grateful of that people ?

Assignment No.4

JOHARI Window Worksheet



Johari Window Descriptors

Able	Giving	Powerful
Accepting	Happy	Private
Adventurous	Helpful	Proud
Aggressive	Humorous	Quiet
Assertive	Idealistic	Reflective
Autocratic	Impulsive	Relaxea
Autonomous	Independent	Reliable
Bold	Influential	Religious
Calm	Ingenious	Responsive
Caring	Innovating	Risk taker
Cheerful	Inspirational	Searching
Clever	Intelligent	Self-Aware
Complex	Introverted	Self Conscious
Compliant	Intuitive	Self Contained
Confident	Kind	Sensible
Courageous	Knowledgeable	Sentimental
Critical	Listener	Shy
Decisive	Logical	Silly
Demanding	Loving	Spiritual
Dependable	Loyal	Spontaneous
Dignified	Mature	Systematic
Diplomatic	Modest	Talkative
Dominating	Motivator	Tenacious
Empathetic	Nervous	Tense
Energetic	Observant	Thorough
Even-tempered	Open	Trustworthy
Extroverted	Organized	Warm
Flexible	Patient	Wise
Friendly	Persuasive	Witty

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Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: 1) Recall your experiences and Identify the situations that made you happy.

1) Ans :-

2) Observe yourself through any one day and see what proportion of the day you felt happy

- 3) Are the causes of these states dependent on the outside factors or the internal states

- 4) Evaluate any two Instance of the day in details.

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Assignment No.6

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Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Recall your feeling/ Reactions after an unpleasant expressions of
anger.

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Assignment No.7

Government college of Education, Akola

UNDERSTANDING THE SELF

Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Write the Reflective Report on “My Priorities and values” session.

My 10 Priorities	Top 5 Priorities
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	
7)	
8)	
9)	
10)	

Values according to your priorities

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Assignment No.8

Strengths Analysis

- 1) What are your unique skills / Qualification ?
 - 2) What did you do better than other? Anyone else ?
 - 3) What unique resources can you access ?
 - 4) Why do people praise you ?
 - 5) What achievement do you proud ?
 - 6) What value do you believe in ?
 - 7) What is your competitive advantages ?
-

Weakness

- 1) What skills | knowledge do you lack
 - 2) What skills could you improve?
 - 3) What do you avoid doing?
 - 4) What do other see as your weakness?
 - 5) What resources are you deficient in?
 - 6) What are your negative work habits?
 - 7) What is your competitive disadvantages?
-

Opportunities

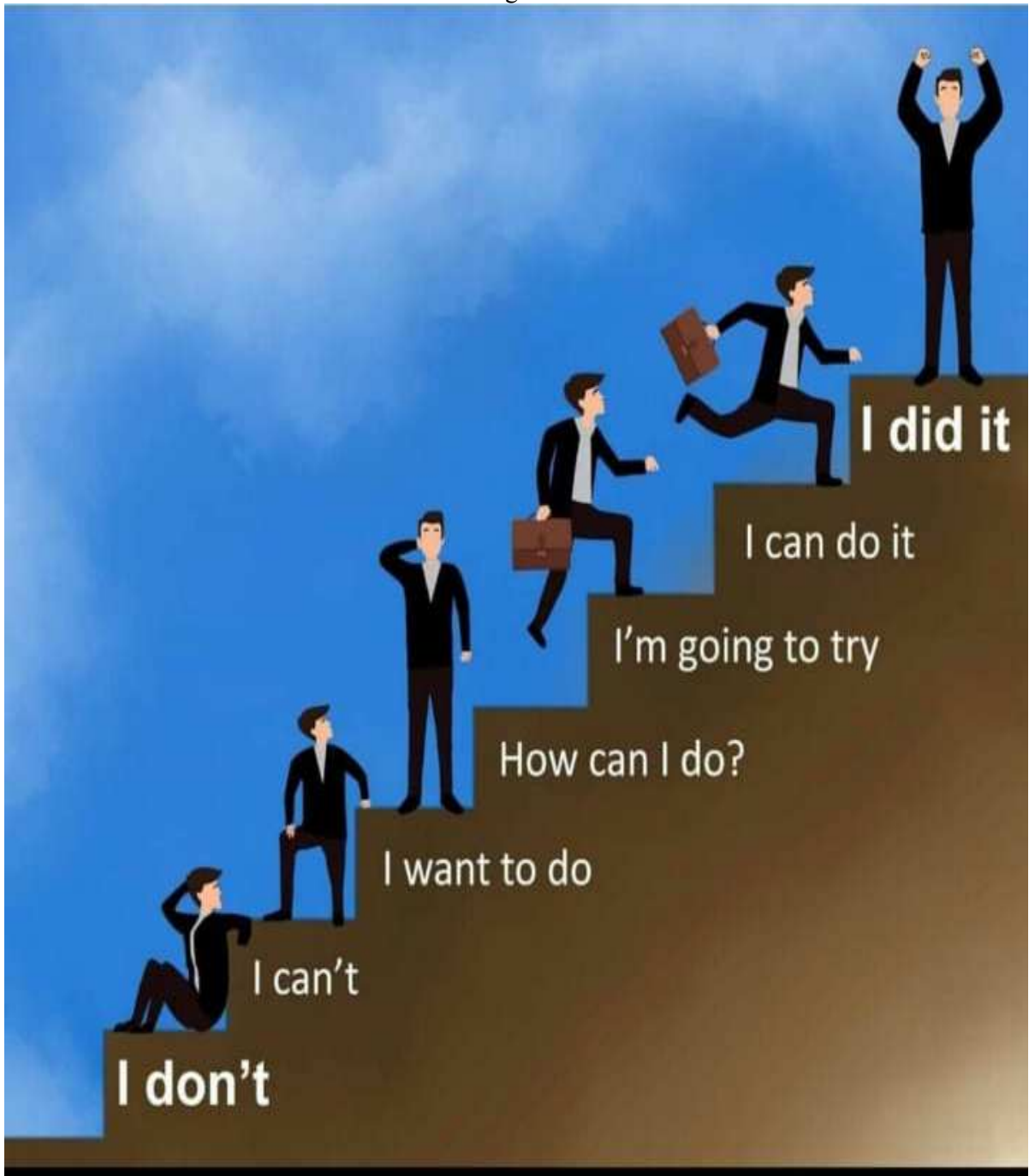
- 1) What opportunities to learn are open?
- 2) What situation can you take advantage of ?
- 3) Do you have people to here | advice you?
- 4) What others futures can you exploit?
- 5) Have you any solutions to others complaints?
- 6) Is there unfilled need around you?
- 7) What external forces can affect your career?

Threats

- 1) What obstacles do you currently face?
 - 2) What are your competitors doing?
 - 3) Is the demand for your strength declining?
 - 4) What trend could harm your interest ?
 - 5) What threats arise from your weaknesses ?
-

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SWOT Analysis

I n t e r n a l O r i g i n	Helpful to achieving objective Strengths	Harmful to achieving the objective Weakness
	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
10	10	
E x T e r n a l o r i g i n	Opportunities	Threats
	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
10	10	



Understanding the self
Assignment No.9

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UNDERSTANDING THE SELF

Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Do People in your environment think differently about you or all think in the same way about you.

Dr. Vasudha Vinod Deo

Assignment No.10

Government college of Education, Akola

UNDERSTANDING THE SELF

Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title :-

1)Observe people around you what type of people, characteristics of people you detest most?

1) Ans :-

2)How do you handle them outwardly and Inwardly ?

Assignment No.11

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Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: - Self Analysis

1) Do I like myself ?

2) Do others likes me? Why?

3) Why?

4) Why do others dislike me?

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Assignment No.12

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UNDERSTANDING THE SELF

Dr.Vasudha V Deo (Associate Professor)

Name: _____

Roll No: _____

Title: Self Confidence

- 1) Do you give importance to your appearance?

- 2) Is your appearance your problem or not? Explain?

- 3) Do you live your life by the sake of others / Is there any impact of others on your appearance?

Anger Questionnaire

Use this short screening test to help determine if you should seek help (diagnosis and treatment) for anger problems.

Instructions: The items below refer to how you have behaved during the past year. Please indicate whether each question is TRUE or FALSE as a description of you during the past year.

Note: If you suspect that you have an anger management problem you should seek help from a health professional regardless of how you score on this screening test.

- 1 I don't show my anger about everything that makes me mad, but when I do - look out. True False
- 2 I still get angry when I think of the bad things people did to me in the past. True False
- 3 Walling in line, or waiting for other people, really annoys me. True False
- 4 I fly off the handle easily. True False
- 5 I often find myself having heated arguments with the people who are closest w me. True False
- 6 I sometimes lie awake at night and think about the things that upset mc during the day. True False
- 7 When someone says or does something that Upsets me, I don't usually say anything at the time, but later spenda lot of time thinking up cutting replies I could and should have made. True False
- 8 I find it very hard to forgive someone who has done me wrong. True False
- 9 I get angry with myself when I lose control of my emotions. True False

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- 10 People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense of a head of lettuce. True False
- 11 If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea. True False
- 12 People I've trusted have often let me down, leaving me feeling angry or betrayed. True False
- 13 When things don't go my way, I get depressed. True False
- 14 I am apt to take frustration so badly that I cannot put it out of my mind. True False
- 15 I've been so angry at times I couldn't remember things I said or did. True False
- 16 After arguing with someone, I hate myself. True False
- 17 I've had trouble on the job because of my temper. True False
- 18 When riled up, I often blurt out things I later regret saying. True False
- 19 Some people are afraid of my bad temper. True False
- 20 When someone hurts or frustrates me, I want to get even. True False
- 21 When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs. True False
- 22 I've gotten so angry at times that I've become physically violent, hitting other people or breaking things. True False
- 23 At times, I've felt angry enough to kill. True False
- 24 Sometimes I feel so hurt and alone I feel like committing suicide. True False
- 25 I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems. True False

Attitudes**Name:** _____ **Date:** _____

1. Find a saying, song, poem, or speech about attitude that you like and use it as a heading. (For example, “The dictionary is the only place that success comes before work,” “If you think you or think you can’t, either way you will be right.” - Henry Ford.)

2. Follow these instructions for the six sections below:

* In the first section, top left: list some of your positive attitudes.

* In the second, top right: list some of the consequences of those attitude for you.

* In the third: list some of your negative attitudes.

* In the fourth: list some of the consequences of those negative attitude for you.

* In the fifth: change the negative attitudes listed in (4) into positive attitudes.

* In the sixth: write the positive attitude statement you have chosen to focus on this week. (It should be something you can start immediately; for example, “I will listen more to my friend before I reply, ” “I will make my best effort in math/ science/”

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1	2
3	4
5	6

Ways to think positively

Types of negative thought	Instead of these thoughts	Practice
Thinking healthy eating and exercise are too hard to fit in my life	I can never eat French fries again	*I will only have French fries once a week *If I order French Fries, I will order a small
	Exercise isn't fun	*I will find an exercise I enjoy *I will focus on the benefits of physical activity
Blaming other people or situations for my problems	It's raining outside so I won't walk today	*I will find exercise that I can do indoors
	My husband doesn't want to eat vegetables so I can't eat healthy	*I will make vegetables for myself *I will try to find recipes that both of us can enjoy

Understanding the self

<p>Focusing only on the negative things</p>	<p>I don't have anyone to support me while trying to be healthy</p> <hr/> <p>I didn't eat enough fruit this week, I probably gained weight</p>	<p>*My friend Elaine is trying to eat healthy too; she will be supportive *I will ask my family and friends for more support</p> <hr/> <p>*I ate fruit 5 days this week *I will keep a variety of fruits at home next week</p>
<p>Calling my self names</p>	<p>I'm pathetic</p> <hr/> <p>I'm a terrible cook</p>	<p>*I can walk a mile now without getting tired *I love myself and all the great changes I've made</p> <hr/> <p>*My kids said the food I made last night was really good *I will try new recipes</p>
<p>Comparing myself to others</p>	<p>I exercise more than Clayton, but still can't lose weight</p> <hr/> <p>Rachel is able to walk two miles and I can't walk one</p>	<p>*I will ask Clayton for tips on exercising *I am so proud of the changes I have made to be more active. *I will eventually be able to walk further *I will make time for strength training</p>
<p>Always assuming the worst</p>	<p>i might hurt myself while exercising and then I won't be able to lose weight</p> <hr/> <p>My grandparents had heart disease; I'm sure I'll have it too</p>	<p>*I will find safe exercises that I am able to do *I will be sure to stretch before and after exercising to avoid injury</p> <hr/> <p>*I will do my best to live a healthy lifestyle and stay positive *I will ask my doctor about ways to prevent heart disease</p>

Oxford Happiness Questionnaire

By Dr. Steve Wright

The Oxford Happiness Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University. Take a few moments to take the survey. This is a good way to get a snapshot of your current level of happiness. You can even use your score to compare to your happiness level at some point in the future by taking the survey again. If you are using some of the interventions presented on this site to raise your happiness level, you can see whether your score on the Oxford Happiness Questionnaire goes up as a result.

Instructions

Below are a number of Statements about happiness. Please Indicate how much you agree or disagree with each by entering a number In the blank after each statement, according to the following scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

Please read the statements carefully, because some are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "Wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

The Questionnaire

1. I don't feel particularly pleased with the way I am. (R) _____
2. I am intensely interested in other people. _____
3. I feel that life is very rewarding. _____
4. I have very warm feelings towards almost everyone. _____
5. I rarely wake up feeling rested (R) _____
6. I am not particularly optimistic about the future. (R) _____
7. I find most things amusing. _____
8. I am always committed and involved. _____ -
9. Life is good. _____

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10. I do not think that the world is a good place. (R) _____
11. I laugh a lot. _____
12. I am well satisfied about everything in my life. _____
13. I don't think I look attractive. (R) . _____
14. There is a gap between What I would like to do and what I have done. (R) _____
15. I am very happy. _____
16. I find beauty in some things. _____
17. I always have a cheerful effect on others. _____
18. I can fit in (find time for) everything I want to. _____
19. I feel that I am not especially in control of my life. (R) _____
20. I feel able to take anything on. _____
21. I feel fully mentally alert. _____
22. I often experience joy and elation. _____
23. I don't find it easy to make decisions. (R) _____
24. I don't have a particular sense of meaning and purpose in my life. (R) _____
25. I feel I have a great deal of energy. _____
26. I usually have a good influence on events. _____
27. I don't have fun with other people. (R) _____
28. I don't feel particularly healthy. (R) _____
29. I don't have particularly happy memories of the past. (R) _____

Calculate your score

Step 1. Items marked (R) should be scored in reverse.:

If you gave yourself a "1," cross it out and change it to a "6."

Change "2" to a "5"

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Change “3” to a “4”

Change “4” to a “3”

Change “5” to a “2”

Change “6” to a “1”

Step 2. Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3. Divide by 29. So your happiness score = the total (from step 2) divided by 29. I recommend you record your score and the date. Then you'll have the option to compare your score now with your score at a later date. This can be especially helpful if you are trying some of the exercises, and actively working on increasing your happiness.

Core Work Sheet

What is happiness ?where it is depend on external things or internal state of mind? (50 words)

Dr. Vasudha Vinod Deo

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Name :-					
Desire	Feeling	Expectation	JOHARI WINDOW		
			Open sell	Blind sell	Hidden sell

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My Goal of life :-							
Anger		My Priorities	My Values	SWOT Analysis			
				S	W	O	T

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My Attitude		Self Control			I detest. Most
Negative	Positive	B	M	I	

Dr. Vasudha Vinod Deo

Understanding the self

Self Analysis (Chinmaya Window)				Peer Pressure		Self Confidence
Introspect	Detect	Negate	Stebstitate	Positive	Negative	

Dr. Vasudha Vinod Deo

Write a report on concept of “self” who am I (including ultimate goal of life)

Your feedback on workshop

How you feel the change after workshop – write your reflections

Your commitment to you

Understanding the self

My future plans

Are you satisfy with your work?

Your suggestion to improve this workshop

Does this workshop seem useful in term of personality Development?

Name & Signature

Thank You

Dr. Vasudha VinodDeo