

REPORT ON MODULE 2

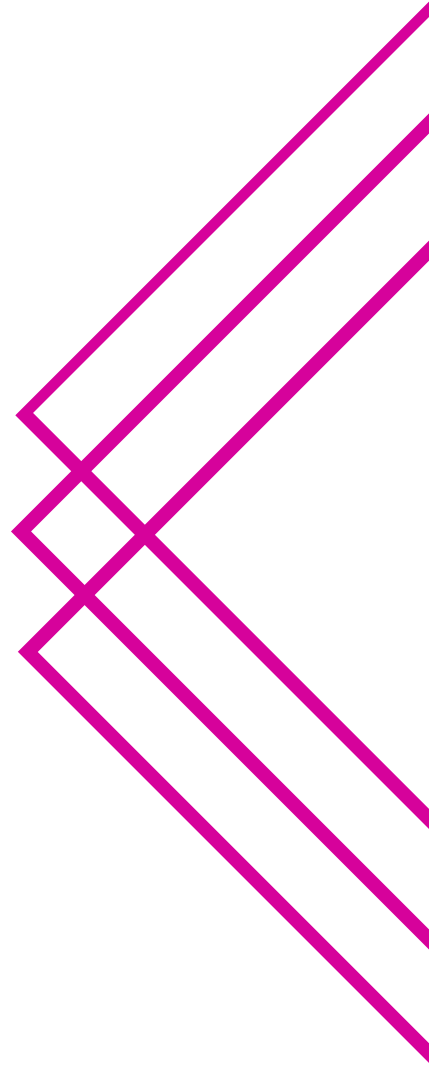
PERSONALITY DEVELOPMENT CERTIFICATION PROGRAM

DATE: 24 MARCH 2025
ORGANIZED BY: MAHALAKSHMI TECH CAMPUS

Prepared and delivered by: Prof.Dr.Ushaa Eswaran
Principal
Mahalakshmi Tech Campus

Overcoming Fear and Self-Doubt

- **Objective:** Help students recognize and confront their fears.
- **Activities:**
 - Students listed their personal fears and irrational thoughts, followed by sharing with a partner for perspective.
 - An activity called "Face the Fear" encouraged students to attempt something they have been avoiding.
- **Outcome:** Students realized that most fears are exaggerated and can be controlled with a positive approach.



The Power of Growth Mindset

- **Objective:** Teach students to see challenges as opportunities rather than obstacles.
- **Examples:**
 - A student who fails a test sees it as a learning experience rather than a personal failure.
 - An analogy of a tree growing stronger against the wind was shared to illustrate resilience.
- **Activities:**
 - Reflection exercise comparing fixed vs. growth mindset scenarios.
 - Writing down areas of improvement and planning steps to achieve growth.
- **Outcome:** Students began embracing mistakes as part of the learning process.

Daily Affirmations and Visualization Techniques

Objective:

To demonstrate the impact of positive self-talk and visualization on self-confidence and overcoming challenges.

Examples:

- **Affirmations:** Positive statements like "I am capable," "I am strong," and "I can handle challenges" were shared to show the power of self-belief.
- **Visualization:** Students practiced imagining themselves successfully handling situations like exams or presentations, helping them feel more prepared and confident.

Activities:

1. **Personalized Affirmations:** Students wrote and practiced their own affirmations daily, either aloud or in a journal.
2. **Guided Visualization:** A session was conducted where students imagined themselves achieving a goal, reinforcing positive self-image and reducing anxiety.
3. **Affirmation Sharing:** In small groups, students shared their affirmations, promoting peer support and understanding.

Outcome:

- **Increased Motivation:** Students felt more positive about their goals.
- **Reduced Negative Self-Talk:** Many students reported less self-doubt.
- **Stronger Self-Image:** Visualization exercises boosted their confidence.
- **Peer Support:** Sharing experiences created a supportive environment.

ASSIGNMENTS

TOPIC 1: OVERCOMING FEAR AND SELF-DOUBT

ASSIGNMENT:

- 1. FEAR JOURNAL:** WRITE ABOUT A PERSONAL FEAR THAT HAS HELD YOU BACK. EXPLAIN WHY THIS FEAR EXISTS AND LIST THE POSSIBLE CONSEQUENCES OF FACING IT VS. AVOIDING IT.
- 2. ROLE PLAY:** PAIR UP WITH A CLASSMATE AND ACT OUT A SITUATION WHERE YOU CONFRONT YOUR FEAR. REFLECT ON HOW YOU FELT DURING THE ACTIVITY.
- 3. SELF-REFLECTION:** WRITE A PARAGRAPH ON WHAT YOU LEARNED FROM THIS EXPERIENCE AND HOW YOU PLAN TO MANAGE SIMILAR FEARS IN THE FUTURE.

TOPIC 2: THE POWER OF A GROWTH MINDSET

ASSIGNMENT:

- 1. FIXED VS. GROWTH MINDSET ANALYSIS:** IDENTIFY THREE SITUATIONS FROM YOUR LIFE WHERE YOU EXHIBITED A FIXED MINDSET. REWRITE EACH SCENARIO FROM A GROWTH MINDSET PERSPECTIVE.
- 2. PERSONAL DEVELOPMENT PLAN:** SET A CHALLENGING BUT ACHIEVABLE GOAL. BREAK IT DOWN INTO STEPS AND DESCRIBE HOW YOU WILL HANDLE SETBACKS.
- 3. PEER INTERVIEW:** INTERVIEW A CLASSMATE ABOUT A TIME THEY FACED FAILURE BUT LEARNED FROM IT. SHARE YOUR FINDINGS IN A BRIEF WRITE-UP.

TOPIC 3: DAILY AFFIRMATIONS AND VISUALIZATION TECHNIQUES

ASSIGNMENT:

- 1. CREATE AFFIRMATIONS:** WRITE 5 POSITIVE AFFIRMATIONS TAILORED TO YOUR PERSONAL CHALLENGES. PRACTICE SAYING THEM DAILY FOR A WEEK AND NOTE ANY CHANGES IN YOUR MINDSET.
- 2. VISUALIZATION EXERCISE:** IMAGINE ACHIEVING A SIGNIFICANT PERSONAL OR ACADEMIC GOAL. WRITE A DETAILED DESCRIPTION OF HOW IT FEELS AND WHAT STEPS YOU TOOK TO ACHIEVE IT.
- 3. VISION BOARD:** CREATE A DIGITAL OR PHYSICAL VISION BOARD THAT REPRESENTS YOUR GOALS AND ASPIRATIONS. PRESENT IT TO THE CLASS, EXPLAINING YOUR CHOICES.