



SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Elective Module -Personality Development

Course Code: 1060323338

Semester: 6th

Prerequisite:

Basic understanding of psychological concepts such as personality traits, development, and theories in order to study personality development effectively. The ability to think critically and evaluate different theories and perspectives on personality development is crucial for gaining a deeper understanding of the subject. Having a strong sense of emotional intelligence can be beneficial for understanding and empathizing with individuals' different personality traits and behaviors.

Course Objective:

1. To help students acquire an in-depth knowledge in factors influencing personality development, theories of personality development, personality traits, and personality disorders
2. To acquire skill in knowing one's own personality, understand others in their surroundings and bring positive change in life
3. To apply knowledge and skills gained in the course to promote personal growth and professional success in various contexts.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Introduction to personality development Definitions Components of personality Importance of personality in achieving goals and success in life Factors influencing personality development Biological factors Environmental factors	2	10

	Nature vs Nurture concept in personality development		
2	Stages and theories of personality development Development of personality from infancy to late adulthood Theories of personality development Psychoanalytic theory Psychosocial theory Trait and type theories of personality Humanistic approaches to personality Learning theories of personality	5	25
3	Assessment of personality Types of personalities Personality changes due to illness Personality assessment	3	15
4.	Personality and career success Role of personality and career success Methods of changing personality traits Personal growth and self- efficacy Personality characteristics required for a nurse Nursing implications of personality	5	25
5	Personality disorders Definition Types Signs and symptoms Medical management Nursing management Psycho-social therapies	5	25

Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Describe concept of personality development, stages, various theories and assessment of various types of personality	1,2,3
CO-2	Discuss personality, career success and its nursing implications	4
CO-3	Explain Definition, types, clinical manifestation, medical & nursing management and psycho-social therapies of various personality	5

Teaching & Learning Methodology: -

1. Lecture cum discussion
2. Role play
3. Visit to clinical psychology

Books Recommended:

1. Joseph Murphy; "The Power of Your Subconscious Mind"; Bantam Books
2. Stephen Covey; "The 7 Habits of Highly Effective People"; Simon & Schuster
3. Carol S. Dweck; "Mindset: The New Psychology of Success"; Random House Publishers

List of Open-Source Software/learning website

1. <https://openpsychometrics.org/>
2. <https://www.codecademy.com/>

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	2	3	2	1	1	2	3	3	3	2	2	3
CO-2	3	2	3	1	1	3	3	3	2	2	3	3
CO-3	3	3	3	1	1	2	2	3	3	2	2	3