MANGALORE UNIVERSITY
Department of Social Work
Master of Social Work (MSW)

Paper SWS 405

PERSONAL AND PROFESSIONAL DEVELOPMENT FOR
SOCIAL WORK PRACTICE

Objectives:
- Understanding the process of self-awareness and relevance of self-awareness for personal and professional development.
- Develop practice based skills and positive life skills for competence in personal life and professional practice.
- Understand and uphold professional values and ethics.

Course Content:

Unit-I

Self and Self Awareness: Meaning, concept, significance of understanding self and factors affecting self, and reaction of self to various life situations: achievements, frustration, failure and crisis

Unit-II

Techniques of understanding self: (Intra and interpersonal) and Self Development:
SWOT analysis; Johari window; Mirror reflection techniques; six thinking Hats techniques.
Self Development: meaning and Concept, Use of yoga and meditation for self development.

Unit-III

Communication: Concept, definition and principles of communication; Elements of communication; Types of communication; Barriers of communication, Public speaking: planning, preparation and presentation.

Unit-IV

Attributes of Professional Personality: Qualities and traits; Values and attitudes; Creativity; Habits; Skills. Development of professional self-concept, professional ethics and values.

Unit-V

Professional Integrity, Competence and Burnout in Professional Practice: professional knowledge, critical thinking, Acceptance of self and others, decision making, burnout- causes and impact, prevention and coping with burnout, stress management

Reference:

Beryl, Williams (1977)   :   Communicating   Effectively,   New Delhi: Sterling Publications

Swami Vivekananda 2009   Personality Development, Adwaita

Ashrama 2nd edition

Chopra, BS. KS. (1987)	:	Leadership for Indian Manager, Pune: Times Research Foundation.
Barun K Mitra 2011		Persoanality Development and soft skills , Oxford University press-New Delhi
Crispin Cross P. (1974)	:	Interviewing and Communication, Bostan Routledge and Kegen Paul
Heun, Linda R., Heun, Richard E. (2001)		Developing Skills for Human Interaction, London : Charles E. Merrill Co.
Joyce, Lishman (1994)	:	Communication in Social Work, New York: Palgrave.
Kuppuswamy B (1961)	:	An Introduction to social Psychology, Bombay Asia Publishing House
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Patil, Jayant (2002)	:	Mind, Body and Soul Management Handbook, 21st Century Life style, Pune: International Institute of Mangement research and applied Techniques
Mishra , Braj Kumar 2008		The study of Human Behavior , PHI publisher
Philip Priestley, Jasmes McGuire (1983)	:	Learning to Help, London : Tavistock Publication Ltd.
Allan Pease. (Author), Barbara 2004		The Definitive book of body Language Manjul Publishing House Pvt. Ltd.; 1st Edition (12th impression) edition