



Shri Babulal Punamchand Shah Vidhyasankul Managed
Smt. R. M. Prajapati Arts College Satlasana



(Affiliated to Hemchandrachary North Gujarat University, Patan)
NAAC Accredited 'B' Grade

Principal : Dr. Jayesh N. Barot - 9426362329
College Code : 068 Zone Code : 93 DP Code : 108

Ref. No.

Date :

Personality Development:

What is Personality?

Everyone knows the term personality, and most of us can describe our own or our friend's personality. What most don't know, however, is that personality is one of the most theorized and most researched aspects of psychology?

In order to understand this concept, the students first need to understand the difference between a trait and a state. A trait is a relatively permanent individual characteristic. For example, most of know students who are outgoing, friendly, confident, or shy. When we describe these students, we use these traits to better understand their personality; to better understand who they are. A state on the other hand, is a temporary change in one's personality. Examples of states might be angry, depressed, fearful, or anxious. We typically use states to describe a person's reaction to something.

To make matters more confusing, a trait can also be a state, and visa versa. The boy student who has the personality trait of outgoing might be shy at first around new people. The girl student who is typically confident, might exhibit fear or self-doubt when presented with a new stimulus.

The key to understanding the difference is to think about how the person typically is (trait) and how the person has temporarily changed (state) in response to something. The present short term course make students aware with personality theory and development. It will focuses on the different traits; the characteristics of a person that makes him or her unique.



PRINCIPAL
Smt. R. M. Prajapati Arts College
Satlasana, Dist.:Mehsana
Pin : 384330. (N. Gujarat)

2014-15

SMT R.M.Prajapati Arts Collage Satlasana

Personality Student Details

S.No	Student Name	Address	Date of Birth	Mobile No	Category	Sem
1	Suthar Nikitaben Kanaiyalal	Ratanpur	14/2/1996	9662480765	obc	3
2	Suthar Nikitaben K	Gangava	11/12/1996	9427544496	obc	1
3	Taral Dineshbhai Ujamabhai	Ranika	1/6/1987	9687834961	st	5
4	Thakor Jayeshji Maganji	Kesharpura	7/9/1993	8238733997	obc	1
5	Dabhi Bhemaji Shankarji	Rampur	13/11/1992	7698981613	obc	1
6	Nayi Saileshkumar Gunvantlal	Dabhoda	5/5/1992	9712154548	obc	1
7	Mevada Malvika Dineshbhai	Mota Kothasana	4/12/1996	9426184361	obc	1
8	Prajapati Pinal K	Mota Kothasana	8/8/1997	8487947700	obc	1
9	Pathan Rasidkhan Y	Bhemal	21/7/1985	9998647686	Minority	1
10	Suthar Ashaben Mohanlal	Dabhoda	1/6/1993	9409064865	obc	3
11	Patel Jinal kanubhai	Gothada	1/8/1996	9427466015	Other	1
12	Parmar Jayaben R	Ankaliyara	1/5/1994		sc	1
13	Prajapati Priyanka	Umrecha	9/8/1997	9974231331	obc	1
14	Joshi Khushbu V	Rampur	30/10/1995	9586951501	Other	1
15	Modi Priyanka J	Vav	1/8/1997	9408052855	obc	1
16	Prajapati Janki Kodarbhai	Vajapur	16/9/1996	9974624825	obc	1
17	Prajapati Sapna D	Vajapur	9/2/1997	9662916152	obc	1
18	Prajapati Alpita K	Vajapur	8/2/1997	8140672914	obc	1
19	Thakor Rinkal J	Fatepura	7/2/1997	9426232934	obc	1
20	Suthar Nikita	Umrecha	12/8/1997	8469030500	obc	1
21	Solanki Priyanka N	Danta	12/10/1996	8511339056	sc	1
22	Prajapati Rinkal Kantibhai	Nana Kothasana	10/8/1997	9909142771	obc	1
23	Prajapati Hetalben M	kothasana	9/2/1995	9428849394	obc	1
24	Mevada Devikaben Kanaiyalal	Ratanpur	3/6/1997	9662480765	obc	1
25	Makrani Rahilbanu A	Ratanpur	10/2/1997	8758011622	obc	1
26	R Kismat P	Nargadh	1/9/1991	7359185381	Other	1
27	Patel Prakashkumar Mohanbhai	Bhalusana	19/11/1992	9712102733	Other	1
28	Solanki Kalpeshsinh Jasvantsinh	Bhalusana	9/8/1992	9586837801	obc	1
29	Raval Manoj Vishnubhai	Motibhalu	30/7/1996	7359098204	obc	1
30	Makvana Kinjal K	Fudeda	10/7/1996	9429483467	obc	1

PRINCIPAL
Smt. R. M. Prajapati Arts College
Satlasana, Dist.: Mahesana
Pin: 384330. (N. Gujarat)



SMT R M PRAJAPATI ARTS COLLEGE SATLASANA
PERSONALITY DEVELOPMENT STUDENTS LIST
YEAR : 2015-2016

No	Students Name	Address	Category	Semester	Mobile No
1	RABARI ASHOKKUMAR VARDABHAI	SATLASANA	OBC	BASEM I	9978430124
2	NAYEE SURAJBHAI JOITABHAI	CHELANA	OBC	BASEM I	8141002172
3	TARAL PRAVINKUMAR RAMESHBHAI	RUPPURA	ST	BASEM I	8141177286
4	THAKOR DHARMISHTHABEN RAVAJIJI	MUMANVAS	OBC	BASEM I	9724840949
5	PARMAR REKHABEN SOMABHAI	RANPUR	SC	BASEM I	9099954850
6	CHAUHAN BANKIMCHANDRA ISHWARBHAI	JALOTRA	ST	BASEM I	9979789131
7	DABHI ASHABEN LUKABHAI	SANDHOSI	ST	BASEM I	8401146355
8	CHAUHAN PRAVINSINH BABUSINH	KANEDIYA	OBC	BASEM III	8140319362
9	PRAJAPATI MITTALBEN REVABHAI	MUMANVAS	OBC	BASEM III	8153840950
10	PARMAR VIPULKUMAR VIRAJI	PANODARA	OBC	BASEM III	9737114563
11	GAMAR KAPILABEN HAKABHAI	GAJIPUR	ST	BASEM III	
12	KANADIYA KIRANKUMAR DILIPBHAI	VASHI	OBC	BASEM III	7046223049
13	PARMAR SHILPABEN POPATBHAI	DHAROI	SC	BASEM III	
14	SUTHAR AYUTIBEN ISHVARBHAI	SATLASANA	OBC	BASEM III	9428955053
15	MEMAN KHUSHBUBEN ABDULBHAI	DIVDI	MINO	BASEM III	
16	PARMAR NILESHKUMAR MANOJBHAI	VARNAVADA	646	BASEM V	9428531841
17	SIPAI JABAJKHAN YASINKHAN	NAVAVAS	MINO	BASEM V	9687219768
18	KHORAJIYA LIYAKATBHAI ISMAILBHAI	NAVAVAS	ST	BASEM V	9408143344
19	PARMAR GIRISHBHAI BABUBHAI	VAJAPUR	SC	BASEM V	9574410070
20	CHAVADA JAYDIPSINH BACHUSINH	SUDASANA	GEN	BASEM V	9998692867
21	RATHOD RUMALBHAI DEVJIBHAI	KHANDHOR UMARI	ST	BASEM V	8469996319
22	THAKOR VIJYABEN HARSANJI	GHANTODI	OBC	BASEM V	7359363234
23	PRAJAPATI SHRDDHABEN ISHWARLAL	MANKADI	OBC	BASEM V	9687840204
24	GAMAR SUREKHABEN LALLUBHAI	GAJIPUR	ST	BASEM V	9537691061
25	PARMAR MITALBEN ISVARBHAI	VAVDI	SC	BASEM V	9714571120
26	PARMAR SONALBEN BHIKHABHAI	JASHPURIYA	SC	BASEM V	9586095590
27	SIPAI AFARTUNNISHA UMMARKHAN	NAVAVAS	MINO	BASEM V	9427260643
28	KHAIR RAMILABEN CHUNILAL	CHORASAN	ST	BASEM V	9638556200
29	CHAUHAN NARANSINH RAVATSINH	VASDA	OBC	BASEM V	9714903341
30	CHAUHAN SIDDHARAJ SINH DEVUSINH	VASDA	OBC	BASEM V	9574783646
31	CHAUHAN AMARATBHAI KESHABHAI	KHANRANI MAGARI	OBC	BASEM V	7567823532
32	PARMAR ARUNABEN KARSHANBHAI	BHIMPUR	SC	BASEM V	9925717978
33	CHAUHAN CHETANSINH PRUTHVISINH	BHANAVAS	OBC	BASEM V	7698902195
34	THAKOR ASHVINKUMAR HIMATSINH	MADHUGADI	OBC	BASEM V	9904362448
35	THAKORE SUGAJI VADANJI	MOTIPURA	OBC	BASEM V	9847625984

PRINCIPAL
 Smt. R. M. Prajapati Arts College
 Satlasana, Dist. Mahesana
 Pin: 384330. (N. Gujarat)



SMT R M PRAJAPATI ARTS COLLEGE SATLASANA
PERSONALITY DEVELOPMENT STUDENTS LIST
YEAR : 2016-2017

Sr No	Students Name	Address	Semester	Mobile No
1	PARMAR RAHULKUMAR KHODABHAI	NAVAVAS	BASEM I	8128287541
2	BARAD DIMPALBA NAGENDRASINH	SUDASANA	BASEM I	9574371346
3	CHAVADA KULDIPSINH KARANSINH	SUDASANA	BASEM I	9974139117
4	GAMAR KARANBHAI MOHANBHAI	BORADIYALA	BASEM I	9537599506
5	THAKOR ALKABEN HIRSINH	SAGTHALA	BASEM I	9574098432
6	PRAJAPATI HARSHKUMAR BABUBHAI	MUMANVAS	BASEM I	6353604404
7	CHAVADA AJAYSINH KANUSINH	SUDASANA	BASEM I	7041236020
8	PARMAR ASHISHKUMAR JAYANTIBHAI	DANTA	BASEM I	8238371564
9	PARMAR NIRALKUMAR KANTIBHAI	DANTA	BASEM I	7600899497
10	CHAMAR SURESHBHAI SOMABHAI	MOTIBHALU	BASEM I	9537137596
11	PARMAR VIRBHADRASINH RAMSINH	SUDASANA	BASEM I	9428553261
12	PARMAR SONALBEN KANUBHAI	DELVADA	BASEM III	9408683437
13	CHAUHAN KISMATBA AGARSINH	BHALUSANA	BASEM III	9428957025
14	THAKOR AJAYSINH JESANGJI	DABHODA	BASEM III	8758583587
15	BHORA REKHABEN PUNAJI	DANTA	BASEM III	9924539081
16	BUMBADIYA NAYANABEN NANNABHAI	DALPURA	BASEM III	9687026210
17	RABARI BHARATBHAI VASNABHAI	SATLASANA	BASEM III	9737763767
18	PATEL AKRUTIBEN BHARATBHAI	BHALUSANA	BASEM III	9427288581
19	SOLANKI PRAVINJI DASHARATHJI	JITPUR	BASEM III	7046290245
20	PARMAR DIPAKKUMAR JAGDISHBHAI	DANTA	BASEM III	8128905627
21	PRAJAPATI MAYANKKUMAR PRABHUBHAI	GANGVA	BASEM III	9574440335
22	DEWADA CHETANABA SHIVSINH	SUDASANA	BASEM III	9998451154
23	CHAUHAN DEVAKIBA GOVINDSINH	BHALUSANA	BASEM III	9428662311
24	CHAUDHARI VARSHABEN DALABHAI	NAVAVAS	BASEM V	9427484029
25	CHAUDHARI MITTALBEN KESHARBHAI	SAKLANA	BASEM V	9979417522
26	TARAL KAILASHBEN MANUBHAI	KUKDI	BASEM V	
27	THAKOR JAYENDRASINH BHAVANSINH	SARTANPUR	BASEM V	9737623238
28	PARMAR KEEREETSINH SAJJANSINH	HADOL	BASEM V	9925037462
29	CHAUDHARI MAHESHKUMAR RAMJIBHAI	SARTANPUR	BASEM V	7046939725
30	BARAD BHAGVATSINH RATANSINH	KUNDEL	BASEM V	9638046608
31	CHAUDHARI HASMUKHBHAI JOITABHAI	VITHODA	BASEM V	9601191663
32	CHAUHAN MAHIPASINH KALUSINH	BHALUSANA	BASEM V	9737552887
33	VANKAR DAKSHABAHEN RATNABHAI	SATLASANA	BASEM V	9408321960
34	PARMAR PRAKASHKUMAR SOMABHAI	VELVADA	BASEM V	8347912616
35	CHAUHAN ANIRUDDHSINH JAGATSINH	KEVDASAN	BASEM V	9879879920



SMT R M PRAJAPATI ARTS COLLEGE SATLASANA
PERSONALITY DEVELOPMENT STUDENTS LIST
YEAR : 2017-2018

Sr No	Students Name	Address	Category	Semester	Mobile No
1	CHAUDHARY ROHITBHAI METHABHAI	NAVAVAS	OBC	BASEM I	9408166580
2	DARJI PRAGATIBEN NARAYANBHAI	SATLASANA	OBC	BASEM I	9724439632
3	CHAUHAN BHAVARSINH RANGUSINH	BHANAVALAS	OBC	BASEM I	7046257807
4	PRAJAPATI MINABEN DHULABHAI	HARIGADH	OBC	BASEM I	7096475884
5	VADHANIYA DINESHKUMAR AMRUTBHAI	VADHANA	SC	BASEM I	9726157703
6	CHAUDHARI ROHITKUMAR CHELABHAI	SARTANPUR	OBC	BASEM I	8128854289
7	ZALA CHANDRIKABEN KINAYSINH	SATLASANA	GEN	BASEM I	9825594326
8	CHAUDHARY SONIBEN MOGJIBHAI	TALEGADH	OBC	BASEM I	7622979873
9	SOLANKI SANJAYKUMAR DINESHBHAI	DANTA	SC	BASEM I	7600458943
10	JADEJA HARDESINH JAMSINH	RANIP	OBC	BASEM I	8401333085
11	PATEL KOMALBEN ISHVARBHAI	SATLASANA	GEN	BASEM I	9429538082
12	CHAUHAN HINABA CHARICHANDRASINH	NAVAVAS	OBC	BASEM I	9714349769
13	PARMAR SHREYA DALJITSINH	DALISANA	GEN	BASEM I	9879898446
14	THAKOR GANPATJI ANARJI	CHITRODIPUR A	OBC	BASEM III	7359871628
15	VALAND ALPESHKUMAR AMRUTBHAI	KOTHASANA	OBC	BASEM III	8401571123
16	CHAUDHARI MEHULKUMAR CHELABHAI	HIMMATPURA	OBC	BASEM III	9428325174
17	CHAUHAN SURPALSINH SOMSINH	TIMBA	OBC	BASEM III	8347575864
18	PARMAR SAGARSINH DEVUSINH	DHARAVANIY A	OBC	BASEM III	7359417069
19	CHAUHAN SONAL MOTIBHAI	SUDASANA	OBC	BASEM III	8128265238
20	DARJI TEJAL JAYANTIBHAI	SUDASANA	OBC	BASEM III	9974296936
21	THAKOR MANISHABEN JIVAJI	HIMATPURA	OBC	BASEM III	9429732351
22	RABARI JYOTSANA MALJIBHAI	SARDRPURA	OBC	BASEM III	9723318933
23	PRAJAPATI KINJALBEN ISHVABHAI	PETHAPUR	OBC	BASEM III	8141545431
24	THAKOR VIRUBEN JAVANJI	RINCHADA	OBC	BASEM III	9904126984
25	THAKOR CHETNABEN TLAJI	RINCHADA	OBC	BASEM III	9979087623
26	THAKOR KINJALBEN RAMJI	RINCHADA	OBC	BASEM III	9978949982
27	BAROT JAY ROHITKUMAR	KHERALU	OBC	BASEM V	8488946263
28	CHAMAR HITESHKUMAR JAYANTIBHAI	SOLSANDA	SC	BASEM V	7202986766
29	PARMAR AJAYKUMAR LALJIBHAI	VARNVADA	SC	BASEM V	7698628944
30	PRAJAPATI DIPAKBHAI CHHAGANBHAI	NAVAVAS	OBC	BASEM V	9601757783
31	JOSHI RAMESHKUMAR KANTILAL	HADAD	GEN	BASEM V	9808726207
32	CHAUDHARI PAYALBEN DALJIBHAI	JASHPURIYA	OBC	BASEM V	9726070858
33	RABARI KELEEBEN LUMBAJI	GODHANI	OBC	BASEM V	9425374311

Smt. R. M. Prajapati
Satlasana, Dist.: Mehsana
Pin : 384330. (N. Gujarat)



**SMT R M PRAJAPATI ARTS COLLEGE SATLASANA
PERSONALITY DEVELOPMENT STUDENTS LIST
YEAR : 2018-2019**

Sr No	Students Name	Address	Category	Semester	Mobile No
1	RATHOD CHETNABEN DHARMESHBHAI	PUNJAPUR	SC	BASEM I	9624716452
2	SENMA BHAGVATIBEN HIRABHAI	RANGPUR	SC	BASEM I	8154812184
3	CHAUHAN SURAJBA BACHUSINH	BHANAVALAS	OBC	BASEM I	8128892907
4	PRAJAPATI MEHULKUMAR GANESHBHAI	CHELANA	OBC	BASEM I	8758673354
5	PARMAR SURPALSINH DADUSINH	KANEDIYA	OBC	BASEM I	9737302547
6	THAKOR RUTVIKJI PRATAPJI	RANGPUR	OBC	BASEM I	9909747689
7	THAKOR KINJALBEN SURESHJI	MOTIPURA	OBC	BASEM I	9978941822
8	PRAJAPATI VIDDHIBEN JAYANTIBHAI	NAVAVAS	OBC	BASEM I	9427578244
9	PRAJAPATI RAVINABEN DAHYABHAI	NAVAVAS	OBC	BASEM I	9429302948
10	RABARI KARSHANBHAI SHAHARBHAI	BHACHADIYA	OBC	BASEM I	9574313246
11	RABARI AJMELBHAI DEVKARANBHAI	JITPUR	OBC	BASEM I	7046456274
12	THAKOR VIRAJI DASHARATHJI	RANGPUR	OBC	BASEM I	7621014520
13	CHAMAR GOVINDBHAI BHIKHABHAI	NIJAMPURA	SC	BASEM I	8980536350
14	CHAUHAN KARANSINH KANUSINH	BHANAVALAS	OBC	BASEM I	9724864702
15	CHAUHAN JAGUJI RUPSANGJI	RANGPUR	OBC	BASEM I	7201068419
16	THAKOR KAILASBEN BABUJI	NANAVALAS	OBC	BASEM I	7046305319
17	MAKARANI MAHEJBIMBANU HUDENKHAN	RATANPUR	MINO	BASEM III	9924346100
18	THAKOR GOVINDJI ISHVARJI	VAVADI	OBC	BASEM III	9687434048
19	PARMAR MAHESHJI MADHAJI	MOTAPIPODRA	OBC	BASEM III	9925656639
20	CHAUHAN JEELABEN RANGUSINH	VIJLASAN	OBC	BASEM III	7436093850
21	CHAUHAN BHAVANABEN RANGUSINH	VIJLASAN	OBC	BASEM III	7436093850
22	SOLANKI USHABEN RAVAJI	SURAJPURA	OBC	BASEM III	9904979808
23	MODI HINA BHARATBHAI	VAJAPUR	OBC	BASEM III	7621925400
24	CHAUHAN TULSIBEN RANSINH	MANDLIYARA	OBC	BASEM III	9924299769
25	CHAUHAN YUVARAJSINH KIRANSINH	NEDARADI	OBC	BASEM III	9714458046
26	CHAUHAN BUNABEN DHANSINH	MANDLIYARA	OBC	BASEM III	7698407394
27	RABARI SHAILESHKUMAR LALUBHAI	SAGTHARA	OBC	BASEM III	9725849820
28	AGLODIYA RAHMATTULLAHBHAI MAHAMMADBHAI	NAGEL	GEN	BASEM III	9428844756
29	DABHI NIRAMLSINH RAJENDRASINH	PAVADHI	OBC	BASEM III	8511816499
30	MEMON NAIMAKHTAR JAKIRHUSEN	PUNJPUR	GEN	BASEM III	7874751892
31	DEORA KISMAT SETANSINH	SUDASANA	GEN	BASEM V	98255764116
32	KODARAVI NARANBHAI MANABHAI	BANODRA	ST	BASEM V	9537115692
33	RATHOD MEGHARAJSINH HIMMATSINH	AGLOD	OBC	BASEM V	8155048662
34	JASAKIYA JIGNESHKUMAR JAYANTIBHAI	JASVANTGATH	SC	BASEM V	8758389038
35	GAMAR SHILESHKUMAR KODARBHAI	DHOLIKANT	ST	BASEM V	9898537626
36	SHRI VASANTKUMAR VIRCHANDBHAI	SARDARPURA	SC	BASEM V	7473966015
37	DABHI GOVINDBHAI CHANDUBHAI	CHOKIBOR	ST	BASEM V	8469806039

Smt. R. M. Prajapati Arts College
Satlasana, Dist.: Mehsana
Pin : 384330. (N. Gujarat)





STUDENT WORKBOOK



Personality Development



Presentation by :

Mr. Vijay Parikh
Soft Skill Trainers

 **V K INSTITUTE**
IT & MANAGEMENT

37-38, Akshardham Apartment, Nr. Urban Bank HO,
Malgodown Road, MEHSANA-384002.

Website : www.vkinstitute.org

E-mail : vkins21@gmail.com M. +91 87587 33800



INDEX

Sr. No.	Topics	Page no.
1	Intoduction of Personality & Working towards developing it.	1
	• Definition Basics of Personality Development	2
	• Analyzing Strength & Weaknesses	2
	• Increasing Vocabulary	3
	• Body Language	5
	• Self Introduction	8
2	Techniques in Personality Development Stage-1	9
	• Communication Skills	9
	1) Listening	10
	2) Communication Barriers	11
	3) Overcoming these Barriers	14
	• Building Self-Esteem & Self-confidence	14-15
3	Techniques in Personality Development Stage-2	15
	• Introduction Leadership	15
	• Leadership Style	16
	• Team Building	16
	• Group Discussion	19
4	Techniques in Personality Development Stage-3	20
	• Interpersonal Relationship	20
	• Stress Management	23

Personality development

What is Personality?

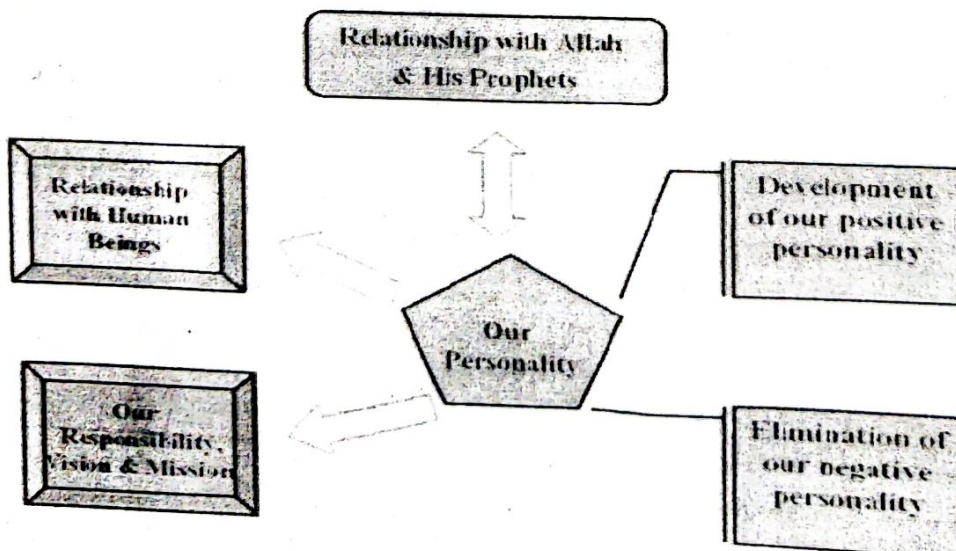
Everybody's heard the term personality, and most of us can describe our own or our friend's personality. What most don't know, however, is that personality is one of the most theorized and most researched aspects of psychology?

So what is personality? To understand this concept, you first need to understand the difference between a trait and a state. A trait is a relatively permanent individual characteristic. For example, most of know people who are outgoing, friendly, confident, or shy. When we describe these people, we use these traits to better understand their personality; to better understand who they are. A state, on the other hand, is a temporary change in one's personality. Examples of states might be angry, depressed, fearful, or anxious. We typically use states to describe a person's reaction to something.

To make matters more confusing, a trait can also be a state, and visa versa. The man who has the personality trait of outgoing might be shy at first around new people. The woman who is typically confident, might exhibit fear or self-doubt when presented with a new stimulus.

The key to understanding the difference is to think about how the person typically is (trait) and how the person has temporarily changed (state) in response to something. As we progress through personality theory and development, we will focus primarily of traits; the characteristics of a person that makes him or her unique.

Personality Development Model





Definition

Personality development is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. Personality development occurs by the ongoing interaction of **temperament**, **character**, and **environment**. Usually when we talk about someone's personality, we are talking about what makes that person different from other people, perhaps even unique. This aspect of personality is called **individual differences**.

Personality is what **makes** a person a unique person, and it is recognizable soon after birth. A child's personality **has** several components: temperament, environment, and character. Temperament is the set of genetically determined traits that determine the child's approach to the world and **how** the child learns about the world. There are no genes that specify personality traits, **but some** genes do control the development of the nervous system, which in turn controls **behavior**.

A second component of personality comes from adaptive patterns related to a child's specific environment. Most **psychologists** agree that these two factors—temperament and environment—influence **the development** of a person's personality the most. Temperament, with its dependence on **genetic** factors, is sometimes referred to as "nature," while the environmental factors are **called** "nurture."

While there is still **controversy** as to which factor ranks higher in affecting personality development, all experts **agree** that high-quality parenting plays a critical role in the development of a child's **personality**. When parents understand how their child responds to certain situations, they can **anticipate** issues that might be problematic for their child. They can prepare the child for **the situation** or **in some** cases they may avoid a potentially difficult situation altogether. Parents **who** know how to adapt their parenting approach to the particular temperament of their child **can** best provide guidance and ensure the successful development of their child's personality.

Finally, the third **component** of personality is character—the set of emotional, cognitive, and behavioral **patterns** learned from experience that determines how a person thinks, feels, and behaves. A person's character continues to evolve throughout life, although much depends on **inborn traits** and early experiences. Character is also dependent on a person's **moral development**.

How to Identify Your Strengths and Weaknesses

Knowing where you come in strong and where you need assistance can help you stabilize your personal life **and** nurture your professional interactions. Self-knowledge is a powerful tool that **too many** people disregard because it's difficult or inconvenient. If you want to be able to **identify your** strengths and weaknesses, whether for a job or for personal reasons, read on for **tips and tricks**.

Weaknesses are **human**. There wouldn't be any point in asking the question if all you gave the interviewer was some **canned** response about how awesome you are. The interviewer isn't

looking for that. They're looking for a real discussion of things you can work on, a signpost of insight about yourself. Real weaknesses might include:

- Being overly critical
- Being too demanding
- Procrastinating
- Being too talkative
- Being too sensitive

Strengths and weaknesses generally refer to a person's character.

Often a strength can be a **weakness**, and vice versa, a weakness can be a strength. In Chinese philosophy, **yin and yang** (e.g., dark and light) are described as complementary opposites within a **greater** whole.

For example, here are some **strengths** and weaknesses by personality type.

Personality Type	Strength	Weakness
Analytical (Get It Right)	Thinking	Excludes feelings from decisions
	Thorough	Goes too far; perfectionist
	Disciplined	Too rigid or demanding of self/others
Driver (Get It Done)	Independent	Has trouble operating with others
	Decisive	Does not take time to consider other perspectives
	Determined	Domineering; too focused on doing it "my way"
Amiable (Get along)	Supportive	Tends to conform to wishes of others
	Patient	No time boundaries; things do not get done
	Diplomatic	Not assertive or directive
Expressive (Get appreciated)	Good communicator	Talks too much
	Enthusiastic	Comes on too strong
	Imaginative	Dreamer; unrealistic

Increasing Vocabulary

A person's **vocabulary** is the **set of** words within a language that are familiar to that person. A vocabulary usually develops **with** age, and serves as a useful and fundamental tool for communication and acquiring **knowledge**. Acquiring an extensive vocabulary is one of the largest challenges in learning a **second** language.

your head just a little to one side or other. You can shift the tilt from left to right at different points in the conversation.

4. Arms

Arms give away the clues as to how open and receptive we are to everyone we meet and interact with, so keep your arms out to the side of your body or behind your back. This shows you are not scared to take on whatever comes your way and you meet things "full frontal". In general terms the more outgoing you are as a person, the more you tend to use your arms with big movements. The quieter you are the less you move your arms away from your body. So, try to strike a natural balance and keep your arm movements midway. When you want to come across in the best possible light, crossing the arms is a no-no in front of others. Obviously if someone says something that gets your goat, then by all means show your disapproval by crossing them!

5. Legs

Legs are the furthest point away from the brain, and consequently they're the hardest bits of our bodies to consciously control. They tend to move around a lot more than normal when we are nervous, stressed or being deceptive. So best to keep them as still as possible in most situations, especially at interviews or work meetings. Be careful too in the way you cross your legs. Do you cross at the knees, ankles or bring your leg up to rest on the knee of the other? This is more a question of comfort than anything else. Just be aware that the last position mentioned is known as the "Figure Four" and is generally perceived as the most defensive leg cross, especially if it happens as someone tells you something that might be of a slightly dubious nature, or moments after (as always, look for a sequence).

6. Body Angle



Angle of the body in relation to others gives an indication of our attitudes and feelings towards them. We angle toward people we find attractive, friendly and interesting and angle ourselves away from those we don't - it's that simple! Angles include leaning in or away from people, as we often just tilt from the pelvis and lean sideways to someone to share a bit of