

THE PO – CO MATRIX

SEMESTER – I -4

AUDIT COURSE 1- UNDERSTANDING THE SELF

PROGRAM SPECIFIC OUTCOMES COURSE OUTCOMES	PO1: Disciplinary Knowledge	PO2: Teaching Competen ce	PO3: Thinking Skills	PO4: Comm Skills	PO5: Research Skills	PO6: Digital Literacy, Wellness	PO7: Life Skills	PO8: Comm. Engagement	PO9: Cooperation & Team Work	PO10: Inclusiv e Mind set	Teaching Strategies	Strategies to assess the Outcomes
CO 1: The learner will be able to state the meaning of self, self-image, positive thinking (Remembering)	(✓) H2	(✓) H-1	(✓) H-3	(✓) M-2	(✓) H-1	(✓) M-2	(✓) M-2			(✓) M-2	Documentaries/ videos/ Group Work (Cooperative Learning Strategies/ Students Presentations	Assignment
CO 2: The learner will be able to analyze his/her strengths and weaknesses, techniques of self-reflection, ways of developing self-resilience, (Analyzing)	(✓) H-3	(✓) H-3	(✓) H-3	(✓) H-3	(✓) M-2	(✓) M-2	(✓) M-2	(✓) L-1	(✓) L-1	(✓) M-2	Documentaries/ videos / Group Work (Cooperative Learning Strategies/ Students Presentations/	Assignment
CO 3: The learner will be able to illustrate strategies to develop self-esteem, self-confidence, managing emotions, emphatic listening and sensitivity and assertive self-expression (Evaluating)	(✓) H-3	(✓) H-3	(✓) H-3	(✓) H-3		(✓) H-3			(✓) M-2	(✓) M-2	Discussion/ Brainstorming/ Group Work/videos	Role-Play/ Presentation s/ Dramatizati on
CO 4: The learner will be able to design activities for maintaining harmony and peace with self through mindfulness, developing self-compassion, spirituality and value system. (Creating)	(✓) H-3	(✓) H-3	(✓) H-3	(✓) H-3	(✓) M-2	(✓) M-2	(✓) H-3		(✓) M-2	(✓) M-2	documentaries/ videos/ Student presentations/Di scussion	Role-Play/ Presentation s/ Dramatizati on
Average												

Commented [1]: H3

Commented [2]: H3