



**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR
DEPARTMENT OF COMPUTER SCIENCE(2014-2015)**

VALUE EDUCATION CLASSES

TOPIC : CARE AND COMPASSION

DATE:6.2.2015

CLASS: II BSC

DAYORDER: 4

STAFF HANDLED : MRS.FRIZILIN.R

DEFINITION:

Compassion literally means “to suffer together.” Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering. Compassion is not the same as empathy or altruism, though the concepts are related.

Difference between care and compassion:

Caring for another person is an act of displaying kindness and concern for others. It is the work or practice of looking after those unable to care for themselves, especially sick or elderly people. Compassion is a form of emotional engagement that is beneficial to patient care

Compassionate Service:

Serving in the Relief Society: Compassionate Service Leader. Another calling in the Relief Society is compassionate service leader. The compassionate serviceleader is in charge of coordinating all the service that needs to be done. ... She will work closely with the Relief Society president to help the sisters in the ward

What is compassionate care?

Compassionate care is a fundamental aspect of nursing, and is an important value that is embedded in nurses' professional standards and codes of practice. ... This article aims to support and guide nurses in developing their capacity to become compassionate.

Difference between loving kindness and compassion:

In kindness, a person may feel sorry for some person but will not reflect the suffering person's feelings. But with compassion, a person may have the same feelings as that of the suffering person. A person having compassion will have the same feeling of happiness or sadness as that of others.



Barriers to person Centred care:

Barriers for Person Centred Care True self-compassion enables compassion for others. Lack of confidence, failure to care for ourselves, being driven by systems rather than the needs of people can militate against person centred care

6 care values:

- Compassion. Compassion is how care is given through relationships based on empathy, respect and dignity. ...
- Competence. ...
- Communication. ...
- Courage. ...
- Commitment.



**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR****DEPARTMENT OF COMPUTER SCIENCE(2014-2015)****VALUE EDUCATION CLASSES****DATE:1.8.2014****CLASS: III BSC****DAYORDER: 4****STAFF HANDLED : MRS.MASHIYA.F****TOPIC : ACCEPTANCE****DEFINITION:**

The action of consenting to receive or undertake something offered the process or fact of being received as adequate, valid, or suitable.

Types of acceptance:

There are three types of acceptance including express acceptance, implied acceptance, and conditional acceptance. In the world of merchant agreements, formal contracts are sometimes too tedious for a busy schedule.

Process of Acceptance:

An Acceptance Management Process is a series of steps that you take to complete User Acceptance Testing. When a project is nearly complete, one of the final steps is to perform User Acceptance Testing with the customer.

Valid Acceptance:

An acceptance to be valid must be given only by a person to whom offer has been given. In other words, acceptance must move from the offeree and no one else. ... A valid contract arises only if the acceptance is absolute and unconditional. It means that the acceptance should be in total and without any condition.

Principle of Acceptance:

The spiritual principle of acceptance means that you have admitted defeat, you realize you are powerless over your disease or addiction, and that your life is unmanageable

Three elements of Acceptance:

the three binding elements of a contract include: Offer extended by an offeror to an offeree. Acceptance by the offeree. Consideration, like money in exchange for products or services.

How is an acceptance to be communicated?

Acceptance, whether by the words or conduct, is not effective until it is actually communicated to the offer or by the offeree or his authorized agent. ... The postal rule states that an acceptance by post takes effect when the acceptance is posted and not when the acceptance is actually received.

DIFFERENCE BETWEEN OFFER AND ACCEPTANCE:

The offer must be accepted without introducing any new terms. Acceptance does not take place until communicated to the client making the offer. Communication of acceptance is the moment when the contract is formed and the acceptance must be in the form of designated by the client.



PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR

DEPARTMENT OF COMPUTER SCIENCE(2015-2016)

VALUE EDUCATION CLASSES

TOPIC : GROWTH AND FIXED MINDSET

DATE:4.3.2016

CLASS: I BSC

DAYORDER: 6

STAFF HANDLED : MRS.JANAKI.V

DEFINITION:



In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They're wrong.

In a **growth mindset**, "Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts)."

GROWTH MINDSET VS FIXED MINDSET:

Fixed Mindset VS Growth Mindset

<p>AVOIDS CHALLENGES</p> <p>IGNORES FEEDBACK & CRITIQUE</p> <p>INTELLIGENCE & TALENT ARE FIXED</p> <p>LESS EFFORT</p> <p>GIVES UP EASILY</p> <p>I AM A FAILURE</p> <p>FEELS THREATENED BY SUCCESS OF OTHERS</p> <p>I WILL NEVER IMPROVE</p>	<p>EMBRACES CHALLENGES</p> <p>LEARNS FROM FEEDBACK & CRITIQUE</p> <p>INTELLIGENCE & TALENT CAN BE DEVELOPED</p> <p>MORE EFFORT</p> <p>KEEPS TRYING & NEVER GIVES UP</p> <p>PERSISTS IN THE FACE OF SETBACKS</p> <p>INSPIRED BY OTHERS SUCCESS</p> <p>I WILL LEARN FROM SETBACKS</p>
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Benefits of having a growth mindset:
 Research links the growth mindset with many benefits, including: greater comfort with taking personal risks and striving for more stretching goals; higher motivation; enhanced brain development across wider ranges of tasks; lower stress, anxiety and depression; better work relationships; and higher performance levels

How to Change Your Mindset

1. Understand How the Brain Learns. ...
2. Change What You Believe About Talent. ...
3. Step 1: Learn to hear your fixed mindset "voice." ...
4. Step 2: Recognize that you have a choice. ...
5. Step 3: Talk back to it with a growth mindset voice. ...
6. Step 4: Take the growth mindset action.

**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR****DEPARTMENT OF COMPUTER SCIENCE(2016-2017)****VALUE EDUCATION CLASSES****TOPIC : HUMAN VALUES AND HUMAN RESPECT**

DATE:6.1.2017

CLASS: III BSC

DAYORDER: 6

STAFF HANDLED : MRS.JACULIN PRIYA

DEFINITION:

Respect is an overarching consideration and represents recognition of each **human** being's intrinsic **value**. As such, making opportunity for **human** beings to exercise autonomy and make their own decisions is paramount, as is a commitment to participant welfare over and above research goals.

Human values are the virtues that guide us to take into account the **human** element when we interact with other **human** beings. **Human values** are, for example, respect, acceptance, consideration, appreciation, listening, openness, affection, empathy and love towards other **human** beings.

FIVE HUMAN VALUES :

- RIGHT CONDUCT.
- PEACE.
- TRUTH.
- LOVE.
- NON-VIOLENCE.

3 TYPES OF HUMAN VALUES:

Values are standards or ideals with which we evaluate actions, people, things, or situations. Beauty, honesty, justice, peace, generosity are all examples of values that many people endorse.



FOUR CORE VALUES:

Here are four such core values every organization should have:

- Integrity And Ethics. Simply put, the two principles of integrity and ethics translate into doing the right thing, in an honest, fair, and responsible way. ...
- Respect. Without dedicated employees, a company is nothing. ...
- Innovation

VALUES IN SOCIETY:

Social values are cultural standards that indicate the general good deemed desirable for organised social life. These are assumptions o what is right and important forsociety. They provide the ultimate meaning and legitimacy for social arrangements and social behaviour. They are the abstract sentiments or ideals.

Top values:

Abundance Acceptance Accountability Achievement Advancement Adventure Advocacy Ambition Appreciation Attractiveness Autonomy Balance Being the **Best** Benevolence Boldness Brilliance Calmness Caring Challenge Charity Cheerfulness Cleverness Community Commitment Compassion Cooperation Collaboration Consistency Contribution ...

personal core values:

Much like company core values, your personal core values are there to guide behavior and choice. Get them right and you'll be swift and focused in your decision-making, with clear direction. ... Your core values also help you wisely manage your personal resources such as time and money.



**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR****DEPARTMENT OF COMPUTER SCIENCE(2017-2018)****VALUE EDUCATION CLASSES****TOPIC : OPTIMISTIC THINKING**

DATE:4.8.2017

CLASS: III BSC

DAYORDER: 3

STAFF HANDLED : MR.JOHN VASEEKARAN.S

DEFINITION:

Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. ... Being **optimistic**, in the typical sense of the word, is **defined** as expecting the best possible outcome from any given situation.

OPTIMISTIC THINKING:

Happiness through Positive Thinking

Being an optimist or a pessimist boils down to the way you talk to yourself. Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.

OPTIMISTIC PERSON:

An optimistic person thinks the best possible thing will happen, and hopes for it even if it's not likely. Someone who's a tad too confident this way is also sometimes called optimistic.

IMPORTANCE OF BEING OPTIMISTIC:

Evidence suggests that optimism is important in coping with difficult life events. ... Interestingly, changes in optimism were not related to changes in negative affect. Thus, it appears that optimism is uniquely related to positive affect. This means that optimists are generally happier with their lives than pessimists.

DIFFERENCE BETWEEN OPTIMISM AND POSITIVE THINKING:

In my opinion, Optimism is about a situation whereas positivity is more with regard to a character or a person. When someone is said to be optimistic,



he/she is optimistic about a certain situation. When someone is said to be positive, it is more his/her character that are put forth.

OPTIMISTIC ATTITUDE:

Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. ... Being optimistic, in the typical sense of the word, is defined as expecting the best possible outcome from any given situation.

“Optimism is defined as expectancy judgments that you can do certain things in the future,” she says. ... The psychology expert says that optimistic people are more likely to invest, act and put effort into achieving whatever it is that they want to get done. “High optimism will predict high effort and success

How to Be Consistently More Optimistic

1. Begin each day with expectation. ...
2. Assume other people mean well. ...
3. Avoid depressing conversations. ...
4. Let go of your results. ...
5. Improve the quality of your life. ...
6. Adopt an attitude of gratitude. ...
7. Focus on the future.



**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR****DEPARTMENT OF COMPUTER SCIENCE(2018-2019)****VALUE EDUCATION CLASSES****TOPIC : TEAM WORK****DATE:4.1.2019****CLASS: III BSC****DAYORDER: 2****STAFF HANDLED : MRS.MASHIYA.F****DEFINITION:**

Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way. This concept is seen within the greater framework of a team, which is a group of interdependent individuals who work together towards a common goal.

Typically, teamwork is defined as: Co-operation between those who are working on a task. Teamwork is generally understood as the willingness of a group of people to work together to achieve a common aim. For example we often use the phrase:” he or she is a good team player”.

WHY TEAM WORK IMPORTANT?

Teamwork helps solve problems.

Collaboration within a group can help solve difficult problems. Brainstorming is a good opportunity for the team to exchange ideas and come up with creative ways of doing things. By working together, teams can find the solutions that work best.

Here are some of the most important teamwork skills which employers value.

- Reliability and punctuality. Completing tasks on time and being punctual are basic abilities. ...
- Verbal and written communication skills. ...
- Listening skills. ...
- Positivity. ...
- Conflict Management.

What is team and team work?



A team is a group of people who work together toward a common goal. ... People on a team collaborate on sets of related tasks that are required to achieve an objective. Each member is responsible for contributing to the team, but the group as a whole is responsible for the team's success

TYPES OF TEAMS :

Here are **four** common **team types** - which are: Functional, Cross Functional, Virtual, and Self-directed.

INEFFECTIVE TEAM:

Teams are often **ineffective** because they suffer from a lack of purpose. While they may have an overall idea of what is to be done, there is no specific day-to-day goal or set of personal targets. ... Efficiency and work ethic may suffer, resulting in a further decrease in the effectiveness of the **team**.

DEALING WITH A DIFFICULT TEAM MEMBER:

1. Start from ground zero. Find the root cause of the frustration. ...
2. Stay cool. ...
3. Understand the scope of the problem and its impact. ...
4. Take a step back. ...
5. Listen to other team members. ...
6. Set a one-to-one meeting. ...
7. Follow up, and give time. ...
8. Do not beat yourself up.



**PATRICIAN COLLEGE OF ARTS AND SCIENCE, ADYAR****DEPARTMENT OF COMPUTER SCIENCE(2018-2019)****VALUE EDUCATION CLASSES****TOPIC : SELF DETERMINATION**

DATE:6.7.2018

CLASS: II BSC

DAYORDER: 3

STAFF HANDLED : MRS.FRIZILIN.R

DEFINITION:

The process by which a country determines its own statehood and forms its own government. Free choice of one's own acts or states without external compulsion.

Determination by the people of a territorial unit of their own future political status.

What is self determination?

Definition of self-determination. 1 : free choice of one's own acts or states without external compulsion. 2 : determination by the people of a territorial unit of their own future political status.

What do you mean by national self determination?

national self-determination. Creation of national governmental institutions by a group of people who view themselves as a distinct nation (for example, because they have a common language). National self-determination is opposed to colonialism and imperialism.

What is self determination in politics?

"By virtue of the principle of equal rights and self-determination of peoples enshrined in the Charter, all peoples have the right freely to determine, without external interference, their political status and to pursue their economic, social and cultural development, and every State has the duty to respect this right ...

How does self determination work?

Self-determination allows people to feel that they have control over their choices and lives. Self-determination theory suggests that people are motivated to grow and change by innate psychological needs.

What are the 3 fundamental needs of self determination theory?



Self-Determination Theory is a theory of motivation and personality that addresses three universal, innate and psychological needs: competence, autonomy, and psychological relatedness.

What are the components of self determination?

The core dimensions of quality of life include emotional well-being, interpersonal relations, material well-being, personal development, physical well-being, self-determination, social inclusion, and rights. Component elements of self-determined behavior.

What is the difference between motivation and determination?

The Conclusion: Motivation is what gets you started. Determination is what helps you finish what you started. Whatever you set your mind to do, find an innerdetermination that is stronger than waiting to become motivated by something, or someone else

What are the 3 basic emotional needs?

- 1) Security — safe territory and an environment which allows us to develop fully.
- 2) Attention (to give and receive it) — a form of nutrition.
- 3) Sense of autonomy and control — having volition to make responsible choices.
- 4) Being emotionally connected to others.

What is self determination in education?

Self-determination is a concept reflecting the belief that all individuals have the right to direct their own lives. Students who have self-determination skills have a stronger chance of being successful in making the transition to adulthood, including employment and independence

