

VALUE EDUCATION CLASSES

TOPIC: VALUES IN LIFE

DATE:15/09/2020

CLASS: III BSC CS

DAYORDER: 5

Course Instructor: Mrs.ThasinFouzia M.H

Meaning of Value-Education:

Value Education is the development of a well-balanced personality of the students, and also to develop all dimensions of the human intellect so that our children can help make our nation a more democratic, cohesive, socially responsible, culturally rich and intellectually competitive one.

The objectives of Value Education:

1. Full development of student's personality in their physical, mental, emotional and spiritual aspects
2. Inculcation of good manners, responsible and cooperative citizenship.
3. Developing respect for the dignity of individuals and society.
4. Inculcation of a spirit of patriotism and national integration.
5. Developing a democratic way of thinking and living.
6. Developing tolerance towards understanding of different religious faiths.
7. Developing a sense of brotherhood at social, national, and international levels.
8. Helping pupils to have faith in themselves and in some supernatural power, that is, supposed to control this universe and human life.
9. Enabling pupils to make decisions on the basis of sound moral principles.
10. Suggesting the measures for better utilization of value education.

What Are Values in Life?

Values are about what we consider important to the life we want to live. They inform our priorities and, when practised consistently, form the character that we want to have.

Most Important Values to Life:

1. Courage

Courage is about doing what we believe needs to be done and not in the absence of fear but in spite of it.



2. Kindness

Kindness is about treating others the way we want to be treated. Kindness looks for ways to make life better for others. It takes delight in lifting others up and reminding them they’re not alone, invisible, or insignificant.

3. Patience

When someone is taking our time or attention away from something we want to finish, or making our life harder in some way, we practice patience, trying to see the situation from their perspective, and responding with kindness and respect.

4. Integrity

Integrity is about acting and speaking in accordance with our beliefs.

5. Gratitude / Appreciation

Showing appreciation to others for their words and actions is also essential to making this a core value.

6. Forgiveness

Forgiveness is about letting go of anger and resentment toward those who have hurt or offended us. Everyone has a capacity for forgiveness, just as everyone has the capacity to hurt others with their words and actions, but not everyone has cultivated a habit of forgiveness.

7. Love

Love sees the good in everyone, and it wants good things for them. We may not always know what’s best for someone else, but if we love them, we want their ultimate happiness, and we want to see them grow.

8. Growth

If growth is one of our core values, we look for opportunities to grow as a person and to help others grow, too.

9. Listening

If active listening is a core value for us, we value others’ input and invest time and energy in learning how to see things from their perspectives.

10. Respect

If we want to be known for treating all human (or living) beings with respect, we probably base that respect on something more fundamental than someone’s rank or social status.

11. Self-Giving

Another word for self-giving is sacrifice, but self-giving has a more positive connotation. Essentially, we are giving of — our time, our attention, our energy, our treasure, our abilities — to help or enrich another.

PATRICIAN COLLEGE OF ARTS AND SCIENCE
DEPARTMENT OF COMPUTER SCIENCE
VALUE EDUCATION CLASSES

TOPIC: OPTIMISM

DATE:01/10/2020

CLASS: III BSC CS

DAYORDER: 5

STAFF HANDLED: Mrs.ThasinFouzia M.H

Is Optimism Healthy?

Yes. An optimistic attitude helps us be happier, more successful, and healthier. Optimism can protect against depression, even for people who are at risk for it. An optimistic outlook makes people more resistant to stress. Optimism may even help people live longer.

Optimism vs. Pessimism:

Optimism and pessimism are the **mindsets**, the ways of thinking and seeing things. Optimists see the positive side of things and they expect things to turn out well. They believe they have the skill and ability to make good things happen.

A pessimist is more likely to expect things to turn out poorly or to focus on what didn't go well.

Optimism Helps People Succeed

Optimism goes beyond seeing the bright side of a situation or expecting good things. It's also a way of explaining what has already happened. When something good happens, optimists think about what they did to make the situation turn out so well. They see their abilities as permanent, stable parts of themselves. They think of how this good thing can lead to other good things.



Optimism Builds Resilience

Optimism strengthens us to try again rather than give up. It allows us to keep our goals and dreams in play so we can act on the motivation to keep working toward them. Because of this, optimistic people feel more in control of their situations and have higher self-esteem.

Pessimism personally influences us to take disappointments and rejections. It also makes them seem more permanent than they are. A pessimistic outlook exaggerates the negative aspects of a situation so they overshadow anything positive. Pessimistic thinking makes it harder to cope when things don't go as hoped.

Realistic Optimism

Optimism just choose to focus on what's good about a situation and what they can do to make things better. Optimists have true confidence as they are prepared:

Things to follow to be More Optimistic

- Notice good things as they happen.
- Train our mind to believe we can make good things happen in our life.
- Don't blame when things go wrong.
- When something good happens, give credit.
- Remind yourself that setbacks are temporary.
- Notice how other people talk about themselves.
