

COURSE: EXPLORING GROUPS & INDIVIDUALS (EGI)

Credits	2
Faculty	Snigdha Pattnaik snigdha@xub.edu.in
Program	Executive One-Year MBA (FT) 2018-19
Academic Year and Term	2018-19, Term-III

INTRODUCTION & COURSE DESCRIPTION:

The course Exploring Groups & Individuals (EGI) enables participants explore and gain insights into human processes that take place within oneself and in groups. Such insights help in enhancing the effectiveness of self as well as groups of people. It opens up the possibility of individuals to work together in bringing about desired changes in teams, organizations and communities. It also helps in finding greater satisfaction in one's personal life.

STUDENT LEARNING OUTCOMES:

- Understand own feelings and motivations
- Reflect on one's own world view and how it has been created
- Perceive how the self impacts others and how others impact the self
- Understanding dynamic complexities in group behaviour

TEXTBOOK AND READINGS:

- A set of readings will be provided once the course begins.

COURSE PLAN:

The course offers a setting for participants to gain learning, understanding, insights, and skills in the areas of **Self & Group Relations**. It brings up some basic existential questions such as –

- What are my own patterns of behaviour, my feelings and motivations?
- What is blocking me and what do I do about it?
- How do I relate to the world and people, and how do I impact them?
- How does the behaviour of other people affect me?
- How do I become more effective in my interpersonal interactions?
- What is really happening in this group?
- How do I influence groups to become more effective?

The discussions and experiences will revolve around the themes and questions placed above. Students will be invited to explore and reflect on themselves in these areas.

This is an experience based learning course. It is imperative for students to attend all the sessions to gain maximum learning. The methodology is participative and exploratory. It will include both structured and unstructured group work. Each one shares feelings/

thoughts/ insights as they emerge. The role of the faculty is to facilitate this exploration and reflection. The benefits derived from this course will therefore depend on a person's interest, choices and willingness to work, and on how much of oneself one is willing to invest.

EVALUATION:

The experience and interactions in the sessions will not be graded. Course evaluation will be based on the three components below:

- Daily learning log* 30%
- An autobiography @ 30%
- End term Exam 40%

*the **Daily Learning Log** is an individual assignment. At the end of each day, you are to reflect on that day's experience, insights and learning, and put it down in a reflective learning log. This daily log has to be submitted before the beginning of the next day. Maximum length of each log will be 2 pages.

Some of the questions that you might use to help you reflect are -

- What questions did you begin the journey with? Where are you vis-à-vis the questions?
- How did you experience yourself in the group? What notions about yourself have been reinforced or modified? What new discoveries if any have you made about yourself?
- In what ways has your worldview been reinforced or modified by this experience?
- What are the significant processes that you have observed at the group level?
- What new beginnings if any have you made? How would you like to carry it forward?

@The **Autobiography** is an exploration of yourself that you will pen. Details of the assignment will be shared during the course.

ACADEMIC INTEGRITY:

- Please note that students are expected to maintain the integrity of the course and the academic process. Any student involved in academic dishonesty will receive a **ZERO** grade in the particular component in which the infraction occurred.