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# Projecting a Positive Social Image, Effective Planning, Goal-Setting, and Developing Interpersonal Skills



**USE VISUALS SUCH AS A HANDSHAKE, SMILING PEOPLE, OR GROUP DISCUSSIONS.**

# Introduction



- How projecting a positive image helps us in life and work.
- Importance of planning and setting goals.
- Developing good relationships and teamwork.



# Importance of Projecting a Positive Social Image

## What Does a Positive Social Image Mean?

- It's how others see you based on your behavior, appearance, and actions.



## Why Is It Important?

- Helps build trust.
- Makes people want to work with you.
- Shows respect for others.



# How to Project a Positive Social Image



## **Be Polite:**

Use words like "please" and "thank you."

## **Smile Often:**

A smile makes you approachable.

## **Dress Neatly:**

Clean clothes and grooming help others feel respected.

## **Show Interest in Others:**

Ask questions and listen when others speak.



# Effective Planning and Goal Setting



## What is Planning ?

- Deciding what you want to do and how to do it.

## What is Goal Setting?

- Deciding what you want to achieve.



# Why is Planning Important?

- Helps you stay on track.
- Avoids last-minute stress



# How to Set Goals:

Use the SMART method:

- ✦ **S**pecific
- ✦ **M**easurable
- ✦ **A**chievable
- ✦ **R**ealistic





# Example of Setting Goals



**Goal:** “I want to be better at talking to people.”

**Specific:** Talk to one new person every day.

**Measurable:** Talk to 5 new people by the end of the week.

**Achievable:** I can ask simple questions.

**Realistic:** I can practice talking at lunch.

**Time-bound:** I will do this for one week



# Developing Interpersonal Relationships



## **What Are Interpersonal Relationships?**

Relationships with people we talk to and work with.

## **Why Are They Important?**

Help us work well with others.

Make us feel supported and understood.

## **How to Develop Good Relationships:**

Be kind and listen.

Show respect to others' opinions.



# Team Building and Group Dynamics



## What is Team Building?

Working together with others to achieve a common goal.

## Why is Team Building Important?

Helps everyone feel included.

Strengthens group cooperation.

## Key Aspects of Effective Teamwork:

Share ideas and work together.

Encourage others and support their ideas.



# Group Dynamics – How to Work Well in Groups

## What are Group Dynamics?

The way people interact with each other in a group.

## Tips for Positive Group Work:

Communicate clearly.

Respect different ideas.

Share tasks equally.

Stay open to others' suggestions.



# Networking



## What is Networking?

Meeting new people and making connections.

## Why is Networking Important?

Helps you learn from others.

May lead to new opportunities.

## How to Network Effectively:

Start by introducing yourself.

Ask questions and listen actively.

Be polite and professional.



# Improved Work Relationships



## **Why is it Important to Have Good Work Relationships?**

Creates a positive environment.

Helps everyone feel comfortable and respected.

## **How to Build Good Work Relationships:**

Communicate openly and clearly.

Be a team player.

Help others when needed.

# Activities and Practice



## **Activity 1:** Group Role Play on Networking

Students practice introducing themselves and asking questions.

## **Activity 2:** Plan a Group Task

Students work together to plan a simple task, applying goal-setting and teamwork.

Thank you

