St. Christopher's College of Education (Autonomous)
Affiliated to Tamil Nadu Teachers Education University
Approved by National Council for Teacher Education
63, E.V.K Sampath Road, Vepery, Chennai, Tamil Nadu 600007

INSTITUTIONAL DISTINCTIVENESS

2023 – 2024

REPORT

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SELF-STUDY COURSE

Considering the evolving educational landscape and the increasing demand for holistic learning experiences, our institution has developed and implemented a series of self-study courses designed to complement traditional academic curricula. These courses spanned two semesters and focused on Physical and Psychological Well-being, aiming to equip students with practical skills, ethical understanding, and personal development essential for their future careers and personal lives.

Course Delivery and Evaluation

These self-study courses were facilitated through Google Classroom, providing students with access to learning materials, assignments, and relevant reference materials. The assessment process includes three assignments designed to assess students' progress and understanding, alongside a final project to evaluate individual achievement levels. The courses were entirely self-directed, allowing students to manage their learning pace, explore topics of interest, and develop comprehensive skills aligned with their academic and professional aspirations.

Semester I

The first semester featured a diverse array of self-study courses aimed at enhancing students' understanding and application of Physical and Psychological Well-being

Physical and Psychological Well-being

During this course students were guided to explore the principles of physical fitness and health maintenance. Assignments included designing personalized

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fitness plans, reflecting on dietary habits, and tracking physical activity. The final exam assessed students' comprehension of nutrition, exercise physiology, and strategies for maintaining overall health.

Roof Gardening

Students were made to delve into the practice of rooftop gardening, emphasizing urban sustainability and ecological awareness. They designed garden layouts, researched plant varieties suitable for different climates, and created maintenance schedules. Assessment involved evaluating their knowledge of soil management, plant care, and the environmental benefits of rooftop gardens.

Aquarium Management

Focus of this course is on developing practical skills in maintaining aquatic environments. Students set up and managed aquariums, conducted water quality tests, and learned about species compatibility and biodiversity conservation. They were evaluated based on their proficiency in aquarium maintenance techniques and their understanding of aquatic ecology.

Thirukkural and Professional Ethics

This course aims to exploring the ethical teachings of Thirukkural and their relevance in professional settings related to teaching profession. Assignments included analyzing ethical dilemmas using Thirukkural principles and reflecting on personal values alignment. The final exam assessed students' ethical decision-making frameworks, and the application of Thirukkural teachings in real-world scenarios.

Elevate Your Elegance

During this course students were engaged in activities aimed at enhancing personal grooming, etiquette, and professional way of behaving. They developed wardrobe plans, practiced grooming techniques, and participated in mock interviews to refine their presentation skills and overall professional image. Evaluation criteria included assessing their ability to project a professional demeanor and effectively manage interpersonal interactions.

Nonverbal Communication in Teaching

Nonverbal Communication in Teaching explored the impact of nonverbal communication on classroom dynamics and student engagement. Students analyzed video recordings of teaching sessions, practiced nonverbal communication techniques, and developed strategies for improving classroom communication. The final exam evaluated their proficiency in using body language, facial expressions, and gestures to enhance teaching effectiveness.

Semester II

The second semester continued to build on the foundational knowledge and skills acquired in Semester I, with a focus on further enhancing students' competencies in professional and personal development.

Problem Solving in Workplace

This course aimed to develop critical thinking and problem-solving skills essential for professional environments. Students tackled case studies on workplace challenges, engaged in group problem-solving exercises, and proposed

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innovative solutions to organizational issues. Assessment criteria included evaluating their analytical reasoning, decision-making under pressure, and collaborative problem-solving abilities.

திருக்குறளில் மேலாண்மை பணிகள்

This course focused on developing students' understanding of Thirukkural's teachings on excellence and ethical conduct in professional contexts. Assignments focused on interpreting verses related to professional ethics, analyzing case studies on ethical dilemmas, and applying Thirukkural principles to contemporary issues. The assessment was based on students' in leadership qualities, and the application of Thirukkural teachings in personal and professional scenarios.

Storytelling Using Scratch

Students explored creative storytelling through coding using Scratch, a visual programming language. They designed interactive stories, developed characters and plotlines, and presented digital narratives integrating coding logic with narrative structure. Assessment criteria included evaluating their proficiency in coding fundamentals, storytelling techniques, and digital creativity.

Teacher Etiquette

Cultivating professionalism and effective communication skills in educational settings are the focus of the course. Students engaged in role-playing scenarios of classroom management, practiced communication strategies, and analyzed feedback from peers to enhance their teaching etiquette. Evaluation criteria included assessing their ability to build rapport with students, manage classroom dynamics, and create a supportive learning environment.

Time Management

Time management course aimed to develop strategies for prioritizing tasks and managing time effectively. Students created weekly schedules, set SMART goals, and used time management tools to track productivity. Assessment criteria included evaluating their organizational skills, goal-setting abilities, and adherence to time management principles.

Gaming through Teaching

This course explored gamification principles to enhance learning engagement and outcomes in educational settings. Students designed educational games aligned with curriculum objectives, implemented game-based learning activities, and assessed student performance and engagement. Evaluation criteria included measuring the effectiveness of gamified learning approaches in achieving educational goals and enhancing student motivation.

Conclusion

The implementation of self-study courses has significantly enriched students' educational experiences. By blending theoretical knowledge with practical applications, ethical considerations, and professional development opportunities, these courses have empowered students to excel in diverse personal and professional contexts. Moving forward, our institution remains committed to expanding and enhancing self-study opportunities, ensuring that students are well-prepared to meet the challenges and opportunities of a rapidly evolving global landscape.