

Personality Development for Students

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Introduction:

Personality development is one of the paramount factors in the life of students. Students learnt many things while studying in school and college. They learnt many things from the syllabus pertaining with personality development every subject have the content of ethics, morality, logic and scientific attitude. While learning the maths subject it develop the logical temperament among the Students. The science subject develops the scientific attitude, Humanity subject develop the ethics and morals among the students. Study of the entire subject students get the knowledge how to co-exist and cope up with the other human being and living being.

Justice, equality and fraternity also they learnt in the school and college. So that they maintained co-operative relationship among the society. But all these education is not enough to develop the personality. Students must take extra efforts to acquire the traits of personality development. Then they can easily attain the success in their life. But how they attain the success. There are few outfit reading the books on personality development, attend the seminars, symposium, workshop, discourse and speeches.

In this paper I made a small effort to focus on how to develop personality and what kinds of outfit will helpful to develop the personality.

1. Believe yourself:

If you want success you must believe yourself. If you are not believing yourself. You can't get the success. Therefore you must believe yourself. What is mean by success? Success means freedom, freedom from worries, fears, frustration and failure. Success means self respect happiness and satisfaction from life.

Biblical quotes stating that "faith can move mountains. Believe, really believe you can move a mountain. But there are some people they believe that they cannot move a mountain. Therefore they

cannot do that. It is senseless to think moving the mountain. Its simply impossible.

The people who are not believing themself. They are confusing their wishful thinking. And consequences they can't wish away mountain. But you can move a mountain with belief. You can win success by believing you can success. There is nothing magical about the power of belief.

How the belief work? Belief works following way. Believe yourself that 'I' m positive, 'I' can attitude, generate the power, skill and energy needed to do. When you believe 'I' can do it, the how to do it develops. The how-to-do it always comes to the person who believe himself, he can do it.

I will try it but I don't think, it will work. This attitude produces failures. Disbelief is negative power. When the mind is in disbelieves or doubts. The mind demand 'reasons' to support the disbelief. The subconscious mind will fail to demand the success. Therefore we are failing. Think doubt and fail, think victory and success. Making your mind work for you instead of against you. We will understand how our mind will work for us from the following example.

Our mind is a "thought factory" it producing countless thoughts in a day. There are two workmen in that factory. One is Mr. Triumph and other Mr. Defeat. Mr. Triumph is in charge of manufacturing positive thoughts. He specializes in producing reasons, why you can, why you are qualified, why you will.

The other workman Mr. Defeat produces negative thoughts. He is your expert in developing reasons why you can't, why you are weak, why you're inadequate. His specialty is the " why you will fail.

Both are very obedient. If the signal is positive, Mr. Triumph will step forward and go to work likewise, a negative signal brings Mr. Defeat forward. To see how these two worker job for you. Try this example. Tell yourself "Today is a lousy

day. This signals Mr. Defeat activate and he manufactures some facts to prove you are right. He suggests to you that it's too hot or its too cold. Business will be down today. Sales will drop, you may get sick.

But tell yourself, "today is a fine day." Mr. Triumph is signaled forward to act. He tells you "there is a wonderful day. The weather is refreshing; it's good to be alive. Today you can catch-up on some of your work.

Now, the more work you give either of these two workmen, the stronger he becomes. So that if you want to win over the negative thoughts. You must give signals to Mr. Triumph. He will show you how you can successes. Believe in yourself, believe you can succeed.

How to develop the power of Belief:

1. Think success, don't think failure. At work, in your home, always think success. Thinking when you face a difficult situation, think "I will win" I can do that, never "I can't" let the master thought "I will succeed" dominate your thinking process.
2. Remind yourself regularly that you are better than you think you are.
3. Believe Big. The size of your success is determined by the size of your belief. Think big goals and win big success.

2) No excusitis:

You will find unsuccessful people suffer from the negative thought disease. We call this disease excusites. Every failure has this disease in its advanced form and most 'average' persons have at least a mild case of it. Is the real reason for his not being the success he should be.

The four most common forms of excusitis:

We found the Excusitis in a various forms. But the worst types of this disease are health excusitis, Intelligence excusitis, age exusitis, and luck excusitis. Now let's see just how we can protect ourselves from these four common ailments.

A) Health Excusitis:

1. I am not physically well:

Millions and millions of people suffer from health excusitis. But is it in most cases a legitimate excuse? Think for a moment of all the highly successful people you know who could - but who don't - using health as a excuse.

Dr. Schindler's great book "How to live 365 days a year" Dr. Shindler shows that, three out of every four hospital beds are occupied by people who have emotional induced illness. Imagine, three out of four people who are sick right now would be will if they had learned how to handle their emotions.

Four remedies can help you to cure form health excusitis. The best vaccine against health excusitis consists of these four doses:

1. Refuse to talk about your health. The more you talk about an illness, even the common cold, the worse it seems to get.
2. Refuse to worry about your health.
3. Be genuinely grateful that your health is as good as it is. There is an old saying "I felt sorry for myself because I had ragged shoes until I met a man who had no feet."
4. Remind yourself often, "It's better to wear out than rust out." Life is yours to enjoy. Don't waste it. Don't pass up living by thinking yourself into a hospital bed.

B) Intelligence Excusitis:

Intelligence exusitis, or "I lack brains," is common. In fact, it's so common that perhaps as many as 95 percent of the people around us have it in varying degrees. Not many people will admit openly that they think they lack adequate intelligence. Rather, they feel it deep down inside.

Most of us make two basic errors with respect to intelligence:

1. We underestimate our own brainpower.
2. We overestimate the other fellow's brainpower.

Because of these errors many people getting discourage about their intelligence.

There is no matter work that how much intelligence you have but how you use what you do have. The thinking that guides your intelligence is much more important than the quantity of your brainpower. Let me repeat, for this is vitally important: the thinking that guides your intelligence is much more important than how much intelligence you may have.

In answering the question "Should your child be a scientist?" Dr. Edward Teller, one of the nation's foremost physicists, said, "A child does not need a lightning fast mind to be a scientist, not does he need a miraculous memory, nor is it necessary

that he get very high grades in school. The only point that counts is that the child has a high degree of interest in science.”

Three ways to cure intelligence excusitis:

1. Never underestimate your own intelligence and never overestimate the intelligence of others. Concentrate on your assets. Discover your superior talents. Remember it's not how many brains you have got that matter. Rather it's how you use your brains that counts.
2. Remind yourself several times daily, “My attitudes are more important than my intelligence.” At work and at home practice positive attitudes.
3. Remember that the ability to think is much greater value than the ability to memorize facts.

C) Age excusitis:

“It's no use. I'm too old or too young.” Age excusitis, the failure disease of never being the right age, comes in two easily identifiable forms: the “I'm too old” variety and the “I'm too young” brand.

You have listen hundreds of people of all ages explain their mediocre performance in life something like this: “I'm too old or too young” to break in now. I can't do what I want to do or am capable of doing because of my age handicap.

How to handle Age excusitis:

1. Look at your present age positively. Think, “I'm still young,” not “I'm already old.” practice looking forward to new horizons and gain the enthusiasm and the feel of youth.
2. Compute how much productive time you have left. Remember, a person age thirty still has 80 percent of his productive life ahead of him. and the fifty years old still has a big 40 percent, the best 40 percent of his opportunity years left. Life is actually longer than most people think.
3. Invest future time in doing what you really want to do. it's too late only when you let your mind go negative and think it's too late. Stop thinking “I should have started years ago.” that's failure thinking. Instead think, “I'm going to start now, my best years are ahead of me.” That's the way successful people think.

D) Luck excusitis.

Many people believe that the luck factor is working in their achievement. But when they meet with the failure they say “My luck is not good” and they give the blame to their luck. But they don't know the luck factor is not existed on the earth. People who rise to the top in any occupation, business, management, selling, law, engineering, acting or what have you get there because they have superior attitudes and use their good sense in applied hard work.

Conquer luck excusitis in two ways:

1. Accept the law of cause and effect.
2. Not luck but preparation, planning and success producing thinking preceded his good fortune.

Don't be a wishful thinker. Don't waste your mental muscles dreaming of an effortless way to win success. We don't become successful simply through luck. Success come from doing those things and mastering those principles that produce success. Don't count on luck for promotions, victories, the good things in life. Luck simply isn't designed to deliver these good things. Instead, just concentrate on developing those qualities in yourself that will make you a winner.

References:

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3. How to live 365 days a year - Dr. Shindler
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