



ST JOSEPH'S UNIVERSITY
P.O Box 27094, #36, Lalbagh Road, Bengaluru – 560027
CENTRE FOR HUMAN EXCELLENCE
DEPARTMENT OF LIFE SKILLS



Guidelines for PG Ignitors Assessment

Study material (39 pages) is forwarded in class WhatsApp group. Students are asked to go through the materials and take active participation in the assessment.

Ignitors assessment module has 3 aspects:

- i. Attendance 80%
- ii. Assignment – **Case Study** – Mind map / Report / Video Creation

Action Plan for Case Study:

1. Entire class students are divided into groups around 5 - 6 students each group according to the instructions of Class Representative

2. Each group is asked to plan, find time and contact **anyone** (experienced old age person / vendor / entrepreneur / professionals / home makers, etc.) to seek information to understand their success stories or life experiences by asking various relevant questions on the following topics:

- a) Self-esteem and Confidence Building (how they value themselves, what do they do to build confidence)
- b) Coping with Emotions and Anger Management (how they overcome emotional struggles)
- c) Goal Setting and Ethics & Integrity (what are their goals and level of achievements)
- d) Leadership Skills and Conflict Resolution (how good are they in decision making, motivating and resolving conflicts)
- e) Critical and Creative Thinking (how did they overcome a specific challenge using critical and creative thinking)

3. Students are asked to prepare a **Creative Mind map** on a **Chart** or a **Report (typed / hand written)** or a **Short Video** (3-5 minutes) to project all collected information with an attractive and creative title and photographs (e.g. Rags to Riches, Nowhere to Now Here)

4. Deadline to submit Assignment is 9th October, 2025 through **Google Classroom link sent by concern faculty**

5. Class representatives are asked to collect all Assignments with name list of students mentioned in each Assignment and scan to make it as **single PDF** group wise with the **label of their class name** (e.g. M.Sc. – Physics – Ignitors – Group 1 – Assignment) and send it in the Assignments in Google Classroom with all attachments and submit the hard copy to the concern faculty at **S406** on or before the deadline

6. Feel free to approach Life Skills Trainers who handled Ignitors Sessions, seated in **S406** for further clarification, support and submission of assignments
