



SYMBIOSIS

Symbiosis College of Arts and Commerce

(An Autonomous College under Savitribai Phule Pune University)

LIFE SKILLS COURSE FOR 'DEGREE WITH HONOURS' PROGRAMME

Title of the Course: Unlock Your Mind

No. Of Hours: 45

Course Code: 50401L16

Faculty: Ms. Ashlesha Swaminathan

Course learning Outcomes

- CO 1: Read how the mind works and how thinking can be influenced
- CO 2: Discuss current events, examine themes and patterns
- CO 3: Examine explore and build perspectives
- CO 4: Focus on critical analysis
- CO 5: Develop and create action plans

Teaching Methodology:

1. Lecture
2. Class Discussion
3. Case Studies
4. Workshops
5. Guest Lectures

Unit	Contents of the syllabus	Number of Lectures
1	<u>Introduction to Critical Thinking</u> -What is critical thinking, Importance Critical thinking, Tools for Critical Thinking, Using Critical thinking, Case Study exercise	4
2	<u>Analyzing your thinking:</u> <u>Intuition</u> – What is intuition, Kinds of intuition, Intuition & Uncertainty, Influence of Intuition on thinking <u>Emotions & Feelings</u> – Difference between Emotions and Feelings, predicting outcomes using feelings, Influence of emotions on thinking Case study to understand the influence of feelings on thinking <u>Two Minds</u> – Analysis of Characteristics of the Dual System processing, How the systems interact, Conditions of dominance, Live Exercises to understand how dual system works <u>Heuristics</u> – What are heuristics, how we use them, Motivation to use Heuristics Types of Heuristics – Types of heuristics - Substitution, Affect, Representativeness, Availability, Live Exercises to understand how we use heuristics	12

	<p><u>Limitations and Biases</u> caused in thinking by Heuristics – Base rate neglect, Halo Effect, Stereotyping, Ignoring statistical probability</p> <p>Case Studies and Assignment to understand how heuristics influence our thinking and judgment.</p>	
3	<p><u>Thinking with Concepts:</u></p> <p><u>Open vs. Closed Minded Thinking</u> – What do we mean by open mindedness, Challenges to keeping an open mind, Beliefs & Concepts, Importance of Open mindedness in Critical Thinking, Exercises using Fine Arts, Films and News Articles</p> <p>Case studies to understand how concepts & beliefs influence thinking</p> <p><u>Influence of Ownership</u> – Loss Aversion, Ego, Self-image, Class Debate</p>	10
4	<p><u>Finding the Gaps, Visual Intelligence & Making assumptions</u></p> <p><u>Visual intelligence</u> – Interpreting images, identifying assumptions & biases</p> <p><u>Identifying Gaps & Biases</u> – What are Gaps, how to identify Gaps in information, Case Study to learn to identify Gaps, Assumptions & Biases</p>	10
5	<p><u>Making Decisions</u></p> <p>Neuroscience behind decision making</p> <p>Case studies and assignments to practice skills learned in Units 1 to 4</p>	9
	Total Number of Hours	45

Suggested Reference Books

1. Thinking Fast and Slow, D. Kahneman, 2011, Allen Lane, Penguin Books
2. Predictably Irrational: The hidden forces that Shape our decisions, Dan Ariely, 2008, Harper Collins
3. Freakonomics: A rogue economist explores the hidden side of everything, Steven D. Levitt, Stephen J. Dubner, 2005, Harper Collins
4. Visual Intelligence, Amy E. Herman, 2016, Houghton Mifflin Harcourt