

Report-14/2018-2019

Dated: 18.09.2018

Report on “Altering workplace attitudes”

The one-day workshop on “Altering workplace attitudes” was organised by Academic staff College on 18.09.2018 by Ms.Usha Rani, Asst. Professor, ASC for the faculty members of dept. CE, EEE and BT in Sunflower Hall.

“Most folks are about as happy as they make up their minds to be.”

Abraham Lincoln

The objectives of the Program:

1. Understand where attitudes come from and how they grow
2. Identify characteristics of successful people
3. Realize how situations affect our attitude if one lets them
4. Control our own attitude every day
5. Use specific actions to turn around our bad attitudes.

The attitudes, norms, and self-efficacy are important determinants of intentions and behavior. Our mental processes--our "cognition"--play a complex and dramatic role in our lives. Our cognition makes us human. The coping of environment is done only by first sensing and understanding. Sometimes the misperception and wrong interpretation of the situation causes problems. The expectations and responses sets partly determine how the world is seen. The attitudes, suspicions, and conclusions about others also determine how one relates to the people.

The resource person also explained the need for altering workplace attitudes and as well the psychological theories related to attitudes and values. She also discussed the root causes for the formation of attitudes. The importance of ABC theory of attitudes was highlighted in understanding of altering attitudes.

The workshop came to an end with certificates distribution and a group photo.

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Group Photo of the Participants



