

## DEPARTMENT OF PSYCHOLOGY

### **Report on the one-day workshop organized by the Department of Psychology.**

**Topic:** Know yourself

**Resource person:** Dr Debbie Zothanpari

**Participants:** 95 (students) 6 (teachers) Total=101

**Venue:** Golden Jubilee Hall, Pachhunga University College

**Date:** 16<sup>th</sup> February, 2018

**About the Resource Person:** Dr. Debbie Zothanpari is an Assistant Professor at the Department of Counselling Psychology, Martin Luther Christian University, Shillong, Meghalaya.

**The Workshop:** This workshop was basically to help the students know more about themselves. The student participants were from various departments of the college. In this workshop Dr Debbie utilised the psychological assessment tool developed by Howard Gardner. Howard Earl Gardner is an American developmental psychologist. He best known for his theory of multiple intelligences which is outlined in 1983. The theory suggests that there are a number of distinct forms of intelligence that each individual possesses in varying degree. The students were assessed on different areas of intelligence such as mathematical, linguistic, spatial, musical, body kinesthetic, interpersonal, intra-personal, naturalist, existential and moral multiple intelligences. Dr. Debbie conducted the test on the participants, analysed their scores and explained and interpreted the meaning of each scores to them.

This will help them to better understand themselves and help them to choose their future in a more effective manner. For example: If one scores high on linguistic ability it can imply the ability to learn and use language. Those have high linguistic intelligence are good at listening, speaking, reading and writing using humor, convincing ones, views and at oration. And if a student score high on intra-personal ability it implies the ability to interact successfully with others. Those who have this intelligence try to see things from others perspectives. They are great organizers. They tend to be extroverts.



Sd/-  
(Dr. Rinpari Ralte)  
Head

Sd/-  
(Dr. Lalropuii)  
IQAC In-Charge