LIFE SKILLS EDUCATION

Semester	Subject Code	Category	Lecture		Theory		Practical	Credit
			Hrs/ Week	Hrs / Sem	Hrs/ Week	Hrs/ Sem		
III		SBS-I	02	30	01	15	15	02

COURSE OBJECTIVE

This course gives the knowledge about life skills which helps the students to deal effectively with the demands and challenges of life.

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Define life skill and list the roles played by various organizations.	**K1**
CO2	Interpret the various theories related to life skills	**K2**
CO3	Understand and apply life skills in day today life	**K3**
CO4	Analyse and find new ways of thinking and problem solving.	**K4**
CO5	Plan training programs and develop qualities of effective trainer	**K4**

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6

CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- ***Strong*** **M-*Medium*** **L-*Low***

UNIT I Meaning and Concept Of Life Skill 6 hrs

Definition – Purpose-Definition of life skill by WHO, UNICEF, UNFPA and UNESCO-Origin and Development of Life Skill Education-Contribution of Various Agencies.

UNIT II Theories Of Life Skill 6 hrs

Application of Social Learning Theory in life skill - The Theory of Looking Glass Self-Theory of Self-Theory of Human Mind-Theory of the Definition of the Situation-Theory of Collective Representation.

UNIT III Classification Of Psychological Skills 6 hrs

Mother Skills: Self Awareness and Empathy-Survival Skills: Interpersonal Relation and Communication–Thinking Skills: Critical Thinking and Creative thinking

UNIT IV Negotiating And Coping Skills 6 hrs

Negotiating Skills: Decision Making and Problem Solving-Coping Skills: Coping with Emotion and Coping with Stress

UNIT V Training Skills 6 hrs

Definition-Major Components-Purpose and Importance- Methods of Training: Training Based on Objectives-Approach and Structure- Stages of Training Program-Various Training Techniques–Qualities of effective trainer-Cognitive, Social and Personal skills.

Practicum:

(Note: Minimum of any two practicum should be carried out)

- Games and Activities conducted related to life skill training.
- Themes of the activities are pertaining to interpersonal relationship, creativity, critical thinking and decision making, self-analysis, problem solving, empathy, time management, self identity, self reflection, confidence building, assertiveness

Distribution of Marks: Theory 100% and **Problems 0%**

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	V.Rajasenannair	Life Skill And Personality And Leadership	RGNIYD Sriperumbudur.	2010
02	Agochia.D	Every Trainers Hand Book	Sage Publications, New Delhi:	2003

REFERENCE BOOK:

S.No	Authors	Title	Publishers	Year of Publication
01	Dr.A.R.Saravanakumar	Life Skills Education through lifelong learning	Lulu Publications, United States	2020

WEB SOURCES:

- https://books.google.co.in/books?id=kInTDwAAQBAJ&pg=PA174&dq=life+skills+education+in+psychology&hl=en&sa=X&ved=2ahUKEwjZlJbU6MfqAhU76XMBHehtBRAQ6AEwAnoECAEQAg#v=onepage&q=life%20skills%20education%20in%20psychology&f=false
- https://www.slideshare.net/adarshmistry/concept-of-life-skills
- https://swayam.gov.in/nd2_cec20_ed20/preview

- https://courses.lumenlearning.com/boundless-sociology/chapter/theories-of-socialization/
- https://educationaltechnology.net/social-learning-theory-albert-bandura/
- https://www.slideshare.net/deepachitravel/life-skills-39480615
- https://www.linkedin.com/pulse/life-skills-soft-makes-you-better-vivekanand-nalla-lion-2500-
- https://www.slideshare.net/SEBINCHACKO1/negotiation-types-preparation-of-negotiation
- https://my.clevelandclinic.org/health/articles/6392-stress-coping-with-lifes-stressors
- https://www.slideshare.net/raghu4all/life-skills-training-program
- https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.ijser.org/researchpaperPsychological-explanation-of-the-importance-of-life-skills-training-programs-applications-and-challenges-facing-to-it.pdf&ved=2ahUKEwirw7HOq6nqAhUSyTgGHQZLB5IQFjAAegQIAhAB&usg=AOvVaw0h-1a3AmdVD8JGANpiIQ0d&cshid=1593513310206

TEACHING METHODOLOGIES:

- Discussion
- Games
- Visual aids
- Assignment and Seminar
- Peer teaching.

SYLLABUS DESIGNER:

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