

# **OPEN COURSE**

## **SGY5D01: LIFE SKILL DEVELOPMENT**

**No. of Credits: 3/ No of hours /week:3**

### **Course Objectives**

- Attaining knowledge of necessary life skill for the application in everyday life
- Equip with the quality of addressing issue relevant to the life situations
- Enable to establish productive interpersonal relationships with others

### **MODULE I :INTRODUCTION TO LIFESKILL**

1.1 Introduction to life skill- Definition of Life skills, Components of life skills, Need for Life skill training

1.2 Core life skills- The Ten core Life Skills as laid down by WHO

1.3 Life skills for self management- Self Esteem, Self awareness, Self control, Empathy and Sympathy, Emotional Quotient and Social Quotient, Developing Positive thinking and Assertiveness

### **MODULE II: LIFE SKILLS FOR SOCIAL INTERACTION**

2.1 Thinking skills- Creative and Critical Thinking ,Problem Solving, Decision Making, Goal Setting

2.2 Communication skills: Effective Communication, Barriers in effective communication , Public Speaking

2.3 Emotional skills- Stress and Strain, Coping Strategies, Conflict resolution: Steps and stages

### **MODULE III : LIFE SKILL FOR CAREER PLANNING**

3.1 Employment and Career, Career Planning

3.2 Choosing a Career- Need and importance of Career Guidance, Sources of career information

3.3 Applying for a Job- Preparation of Resume, Follow up communication, Interview facing and

Group discussion

### **References**

1. UNESCO (1997). Adult Education The Hamburg Declaration, UNESCO, Paris.

2. UNESCO (2005).Quality Education and Life Skills: Darkar Goals, UNESCO, Paris..
3. WHO (1999). Partners in Life Skills Education: Conclusions from a United Nations.
4. Inter-Agency Meeting, WHO, Geneva.
5. Nair. A. Radhakrishnan, (2010). Life Skills Training for Positive Behaviour, Rajiv. Gandhi National Institute of Youth Development, Tamil Nadu.
6. Santrock W.John (2006). Educational Psychology. (2nd Edn.)New Delhi: Tata.
7. Dahama O.P., Bhatnagar O.P, (2005). Education and Communication for Development, (2nd Edn.), Oxford& BH Publishing Co. Pvt. Ltd. New Delhi.
8. Debra McGregor, (2007).Developing Thinking; Developing Learning - A guide to thinking skills in Education, Open University Press, New York, USA

**Web Sites:**

1. UNESCO – <http://www.unesco.org/>
2. UNFPA - <http://www.unfpa.org/>
3. UNICEF - <http://www.unicef.org/>
4. United Nations - <http://www.un.org/>
5. WHO - <http://www.who.int/en/>
6. India Portal - [www.indiaportal.gov.in](http://www.indiaportal.gov.in)