



# CURRICULUM PLANNER

SEC - Life Skill Education



# DETAILS

## NAME OF THE TEACHER

**Ms. Nidhi Sharma**

## PAPER TITLE

**SEC - Life Skill Education  
Sem-3**



## **MARKS**

**INTERNAL ASSESSMENT – 50 Marks**

**Semester End Examination – 50 Marks**

## **CONTACT HOURS (L+P)**

Lecture – 1

Practical - 1

Credit - 2

# COURSE OUTCOMES

- ❑ Focus on development of values in strengthening knowledge and life skills, bringing high quality standards in field work practice-learning
- ❑ Understand the strength-based life skill development, team work, innovate leadership, design thinking and career building skills
- ❑ Develop universal human values while utilizing life skills in field work

# COURSE CONTENT



## **Unit I: Life Skills Introduction**

Unit Description: To introduce students to the basic concepts of life skill management.

### **Subtopics:**

- Basic Life Skills: Concept, Components and Significance
- Life Skills Development: National Perspective
- Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude, Patience and Tolerance

## **Unit II: Basic Life Skills**

Unit Description: To learn the set of essential life skills that can lead to high employability and good work culture.

### **Subtopics:**

- Team Work Skills: Social Etiquettes, Democratic Decision, and Collaboration

# COURSE CONTENT



- Innovative Leadership: Initiative taking, Time Management, Capacity building, Life Coaching
- Career Building Skills: Exploring Career Opportunities, Mentoring, Resume Preparation, facing Interview & Group Discussion, Presentation Skills, Creating social media profile

## **Unit III: Significant Life skills and Techniques**

Unit Description: To understand potential changes that can be brought about by employing essential life skills

### **Subtopics:**

- Developing Strategies for enhancing Life Skills
- Life Skills (Cognitive based): Critical Thinking, Knowledge construction, Evaluating reasoning, Solution Focused Thinking,
- Life Skills (Behavioural Based): Ethics, Integrity, Problem Solving, Decision making

# COURSE CONTENT



## **Unit IV: Application of life skills in Field Work**

Unit Description: To learn the application of essential life skills in diverse settings through case studies about interventions

### **Subtopics:**

Developing specific life skills intervention plan for

- Stress Management and Coping strategies
- Simulation exercises: Brainstorming, Role plays for Team building

# ACADEMIC CALENDAR

| Dates  | Activity   |
|--|--|
| 16 August 2023   | Commencement of Classes<br>16 Weeks of teaching<br>48 lectures + 16 Tutorial Classes |
| 6 <sup>th</sup> December 2023 – 12 <sup>th</sup> December 2023 | Preparatory Break  |
| 13 <sup>th</sup> December 2023                                 | Examinations   |
| 1 <sup>st</sup> January 2024                                   | Semester Break   |





# LESSON PLAN

## Unit - I

### Lectures – 7

- Introducing Life Skills & Basic concepts of Life Skill Management
- Case Studies and examples from every day spaces to elaborate on the concept of life skill management
- Meaning, Concept & Significance
- Situating the need for lifeskill curriculum for nation building perspective
- Embibing value system and universal practices humanitarianism in Lifeskill education



# LESSON PLAN

## **Unit - II**

### **Lectures – 8**

- Discussion on team work, social etiquettes, democratic decision and collaborative programmes for lifeskills
- Discussion on innovative practices of leadership
- Career building skills – Means and Practices
- Building up of social profiles on public platforms

## **Unit - III**

### **Lectures – 7**

- Strategy development
  - Cognitive Based
  - Behavioural Based



# LESSON PLAN

## Unit - IV

### Lectures – 8

- Intersectionality of Lifeskills in field work
  - Stress, Coping Strategies
  - Team Building & role plays
  - Distribution of work amongst the team members
  - Management of cases



**THANK YOU**