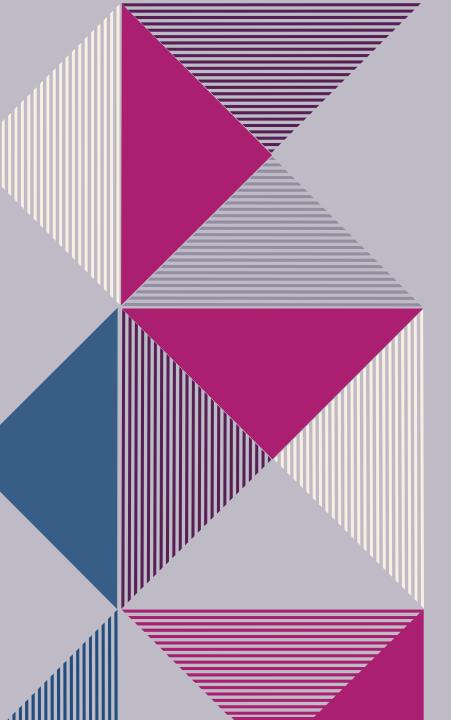
CURRICULUM PLANNER

SEC - Life Skill Education



DETAILS

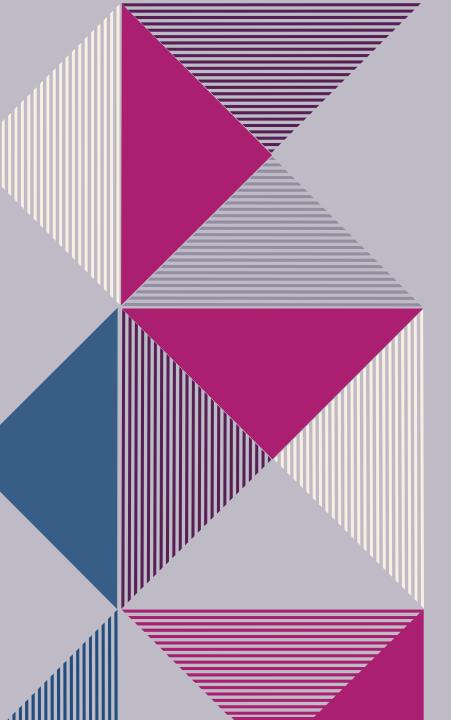
NAME OF THE TEACHER

Ms. Nidhi Sharma

PAPER TITLE

SEC - Life Skill Education

Sem-3



MARKS

INTERNAL ASSESSMENT – 50 Marks Semester End Examination – 50 Marks

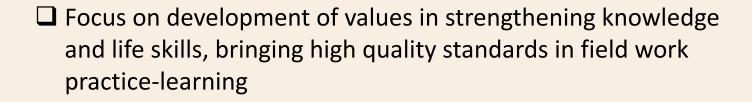
CONTACT HOURS (L+P)

Lecture – 1

Practical - 1

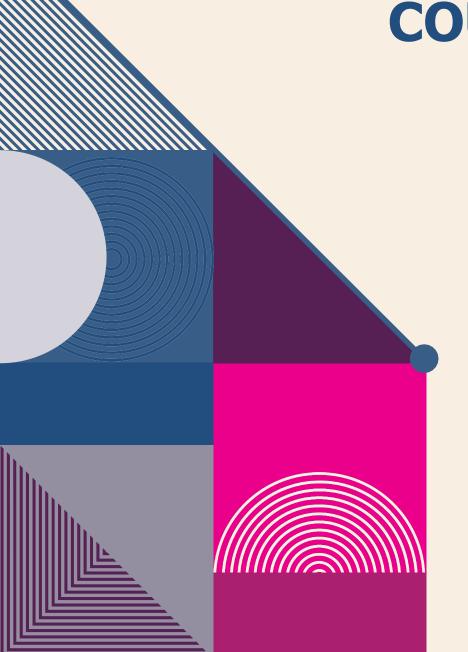
Credit - 2

COURSE OUTCOMES

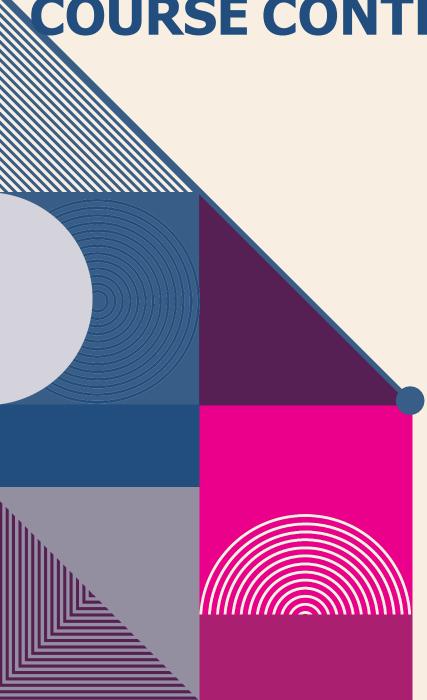


- ☐ Understand the strength-based life skill development, team work, innovate leadership, design thinking and career building skills
- ☐ Develop universal human values while utilizing life skills in field work





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, Nonviolence, Peace, Gratitude, Patience and Tolerance

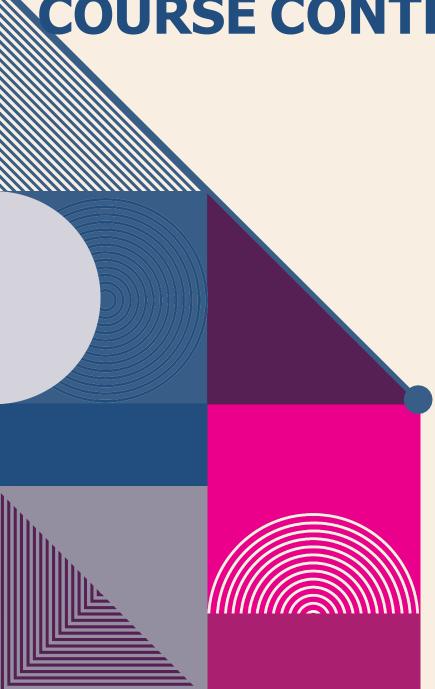
Unit II: Basic Life Skills

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





- 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

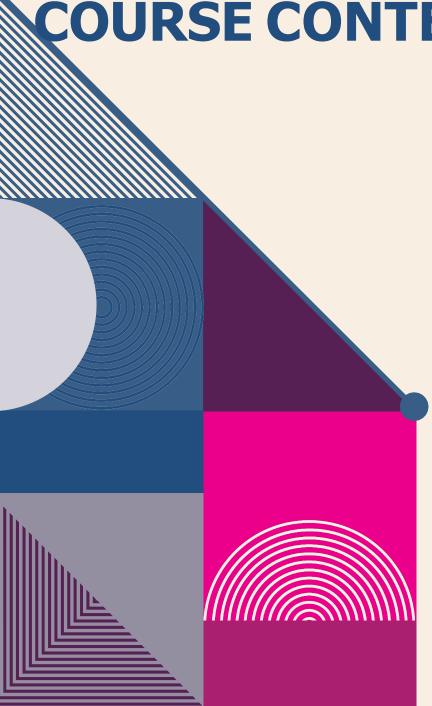
Unit III: Significant Life skills and Techniques

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





Unit IV: Application of life skills in Field Work

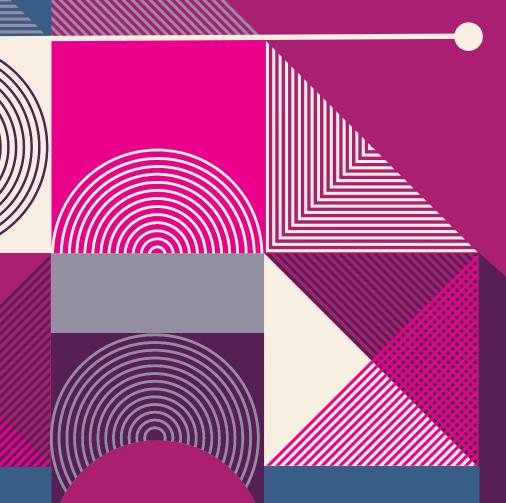
Unit Description: To learn the application of essential life skills in diverse settings through case studies about interventions

Subtopics:

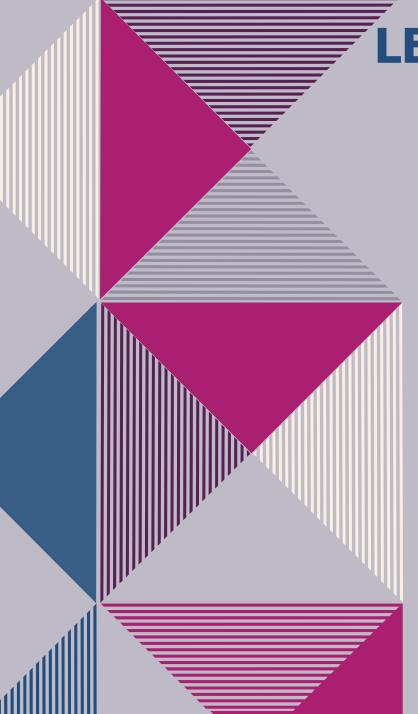
Developing specific life skills intervention plan for

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

ACADEMIC CALENDAR



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

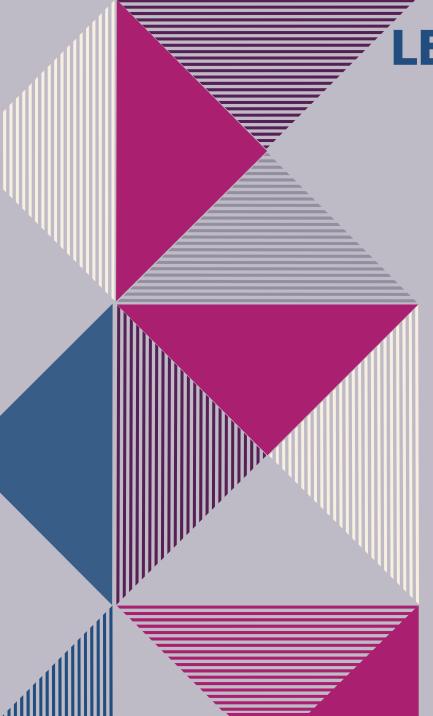


LESSON PLAN

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

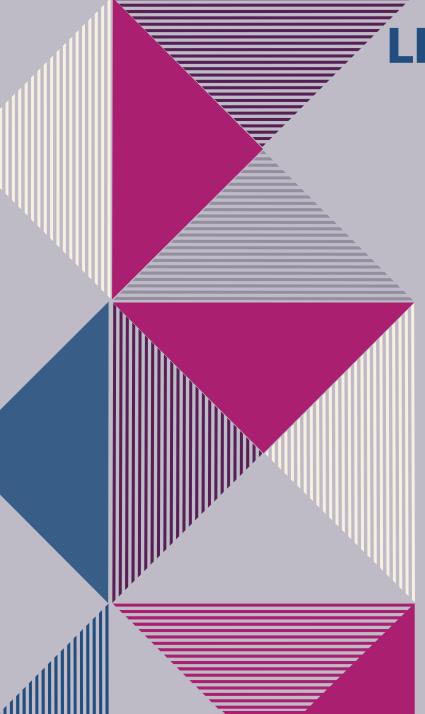
Lectures – 8

- 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

