

## LIFE SKILL EDUCATION

### Credit distribution, Eligibility and Prerequisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>LIFE SKILL EDUCATION</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>Class XII</b>	<b>NIL</b>

### Learning Objectives

The Learning Objectives of this course are as follows:

- To impart life skills education in field work practice
- To strengthen life skills for career building, critical thinking, attitudinal base for innovate leadership
- To learn the application of life skills in diverse field work settings

### Learning outcomes

At the end of the semester the students will be able to

- 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

### SYLLABUS

<b>Unit I: Life Skills Introduction</b>	<b>(No. of hours)</b>
<b>Unit Description:</b> To introduce students to the basic concepts of life skill management.	<b>3</b>
	<b>Weeks: I-III</b>

<p><b>Subtopics:</b></p> <ul style="list-style-type: none"> <li>● Basic Life Skills: Concept, Components and Significance</li> <li>● Life Skills Development: National Perspective</li> <li>● Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude, Patience and Tolerance</li> </ul>	
<p><b>Unit II: Basic Life Skills</b></p> <p><b>Unit Description:</b> To learn the set of essential life skills that can lead to high employability and good work culture.</p>	<p>(No. of hours) <b>4</b></p> <p><b>Weeks: IV-VII</b></p>
<p><b>Subtopics:</b></p> <ul style="list-style-type: none"> <li>● Team Work Skills: Social Etiquettes, Democratic Decision, and Collaboration</li> <li>● Innovative Leadership: Initiative taking, Time Management, Capacity building, Life Coaching</li> <li>● Career Building Skills: Exploring Career Opportunities, Mentoring, Resume Preparation, facing Interview &amp; Group Discussion, Presentation Skills, Creating social media profile</li> </ul>	
<p><b>Unit III: Significant Life skills and Techniques</b></p> <p><b>Unit Description:</b> To understand potential changes that can be brought about by employing essential life skills</p>	<p>(No. of hours) <b>4</b></p> <p><b>Weeks: VIII-XI</b></p>
<p><b>Subtopics:</b></p> <ul style="list-style-type: none"> <li>● Developing Strategies for enhancing Life Skills</li> <li>● Life Skills (Cognitive based): Critical Thinking, Knowledge construction, Evaluating reasoning, Solution Focused Thinking,</li> <li>● Life Skills (Behavioural Based): Ethics, Integrity, Problem Solving, Decision making</li> </ul>	
<p><b>Unit IV: Application of life skills in Field Work</b></p> <p><b>Unit Description:</b> To learn the application of essential life skills in diverse settings through case studies about interventions</p>	<p>(No. of hours) <b>4</b></p> <p><b>Weeks: XII-XV</b></p>
<p><b>Subtopics:</b></p> <p>Developing specific life skills intervention plan for</p> <ul style="list-style-type: none"> <li>● Stress Management and Coping strategies</li> <li>● Simulation exercises: Brainstorming, Role plays for Team building</li> <li>● Case Management</li> </ul>	

**Practical component (if any) – Unit III & IV application based**

**(30 hours)**

### **Essential readings**

- Bandyopadhyay and Subrahmanian (2008), Gender Equity in Education: A Review of Trends and Factors

- Brinkman, F. J. (2016). Environment, Religion and Culture in the Context of the 2030 Agenda for Sustainable Development, (April).
- Brown, T. (2012). Change by Design. Harper Business
- Care, E., Kim, H., Anderson, K., & Gustafsson-Wright, E. (2017). Skills for a Changing World: National
- Census of India. (2011), Registrar General of India
- Clarke, D., Bundy, D., Lee, S., Maier, C., Mckee, N., Becker, A., Paris, F. (n.d.). Skills for Health Skills-based health education including life skills: An important component of a Child-Friendly/Health-
- Dewan S, Sarkar U (2017) From education to employability: Preparing South Asian Youth for the world of work, UNICEF ROSA
- International Youth Foundation. (2014). Strengthening life skills for youth : A practical guide to quality programming.
- Kwauk C & Braga. (2017) Life skills education is more than teaching skills, Brookings institution Washington DC
- LIFESKILLS EDUCATION. (n.d.). Retrieved from, [http://www.cbse.nic.in/cce/life\\_skills\\_cce.pdf](http://www.cbse.nic.in/cce/life_skills_cce.pdf)
- Perspectives and the Global Movement. Retrieved from <https://www.brookings.edu/wp-content/uploads/2017/03/global-20170324-skills-for-a-changing-world.pdf>

### **Suggested readings**

- Martin, R. (2007). How Successful Leaders Think. Harvard Business Review, 85(6): 60.
- Govt. of India. (2014 & 2016) Educational Statistics at a glance, MHRD,
- Murphy-Graham (2012), Opening Minds, Improving Lives: Education and Women's Empowerment in Honduras
- Sen Madhucchanda (2010), An Introduction to Critical Thinking, Pearson, Delhi
- South, T., Life, A., & Forum, E. (2005). Life Skills-Based Education in South Asia.
- Street, C. (2012). Global Life Skills Education Evaluation, (February).
- WHO (1997). Life Skills Education for Children and Adolescents in Schools. Geneva: WHO.

### **Examination scheme and mode:**

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.