

Semester	II	Specialization	NA
Course Code	210	Type	Generic - Elective
Course Title	Life Skills		

Course Objectives:	
1	To encourage students to develop and use balanced self-determined Behavior.
2	To help students in enhancing self, increasing life satisfaction and Improving relationships with others.
3	To develop new ability to practice new problem solving skills in group and use these skills in personal life.

### Syllabus:

Unit Number	Contents	Number of Sessions
1	Definition of Life Skills , Assumptions about Life Skills, Concept of skill in Life Skills, Concept of Skill in Life Skills, Primary goal of Life Skills programme, Life Skills Process model, Group development and group behaviors.	5 + 1
2	Cognition, Meaning , Piaget's theory of Cognitive Development, role of Goal Orientation, Meaning, Big Five personality characteristics, extraversion, Openness to experience, emotional stability, consciousness and agreeableness, Personal knowledge management, meaning, Wright's model, Four domains, Analytical, information, social and learning.	5 + 1
3	Coping, Meaning, Types of coping strategies, 1) appraisal focused (adaptive Cognitive) 2) problem focused ( adaptive behavior) 3) emotion focused Empathy, meaning and definitions, Difference between empathy and sympathy, Anger and distress, Meaning, overcoming.	5 + 1
4	Moral development, Meaning, Interpersonal influences on Moral development, Moral development and social exclusion, Morality and culture, Morality and Intergroup attitudes, moral emotions.	5 + 1
5	Study Skills, Meaning, Types of study skills, Methods based on : Memorization such as rehearsal and role learning Communication Skills e.g. reading, listening, Cues e.g. flashcard training Condensing information, summarizing and use of key words..	5 + 1

	<p>Visual imagery</p> <p>Exam strategies</p> <p>Time management, organization and life style changes.</p>	
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<b>Learning Resources:</b>		
1	Text Books	<p>Critical thinking skills : developing effective analysis and argument by Stella Cottrell</p> <p>Academic writing: a handbook for international students by Stephen Bailey</p> <p>Effective Study Skills: Step-by-Step System to Achieve Student Success by Semones</p>
2	Reference Books	<p>Critical thinking and analysis by Mary Deane</p> <p>Developing and applying study skills : writing assignments, dissertations and management reports by Donald Currie</p> <p>Assignment and thesis writing by Jonathan Anderson</p>
3	Supplementary Reading Material	-
4	Websites	-
5	Journals	-