

Life Skills Education

Course Outcomes (COs):

On completion of this course, the learners will be able to:

- Identify career opportunities in consideration of their own potential and aspirations.
- Gain self-competency and confidence.
- Participate in simulated interview.
- Analyse the role of digital literacy in professional life.
- Develop interpersonal skills and adopt good leadership behaviour for self-empowerment and the empowerment of others.
- Demonstrate a set of practical skills such as time management, self-management, conflicts management, team leadership etc.
- Understand the importance of values in individual, social circles, career path and national life.

Course Contents

CO: *Familiar with the concept of Life Skills.*

Unit I: Introduction to Life Skills Education.

- Concept, need and objectives of life skills education.
- Recommendations of WHO and UNICEF over the years.
- Four Pillars of Education - Learning to Know, Learning to Do, Learning to Be, Learning to Live Together.

Unit II: Social Skills

CO: *Communicate efficiently and develop good interpersonal skills.*

CO: *Use social digital platforms efficiently.*

- Communication skill-types of communication, barriers to communication, strategies for effective communication.
- Interpersonal skills-determinants, maintaining and sustaining a relationship, conflict resolution.
- Digital literacy and social media-digital ethics and cyber security.

Unit III: Life Skills for Self-Management and Career Planning

CO: *Develop awareness about one's own self and plan a career accordingly.*

- Self-awareness-self-concept, self-esteem, time management and empathy.
- Emotional intelligence, social intelligence and spiritual intelligence.
- Choosing a career-sources of career information, preparation of resume, interview facing and group discussion.

Unit IV: Universal Human Values

CO: *Understand the importance of values and develop values for life.*

- Truth, love, compassion and non-violence.
- Constitutional values- justice and human rights.
- Understanding happiness and prosperity correctly- a critical appraisal of the current scenario.

Sample Questions

- What is meant by Life skills? (1 Mark)
- Mention any two life skills as laid down by WHO. (2 Marks, Within 50 words)
- Define Communication. Discuss strategies for effective communication. (5 Marks, Within 300 words)
- Critically reflect on Four Pillars of Education. (8 Marks, Within 500 to 800 words).

Mode of Course Transaction: Seminar, Team Teaching, Dialogue, Peer-Teaching, Collaborative and Cooperative Learning, Field Trip, Concept Mapping, Self-Learning.

Activities

Each student will be required to prepare and submit a report on any one of the following:

- Prepare a report on the implications of any two pillars of education in developing life skills education in India.
- Examine the opportunities and challenges in application of life skills education and write a report.
- Conduct a semi structured interview on parents exploring the challenges of parenting and life skills needed for effective parenting. Compare the gender difference of parenting.
- Conduct Case study on life history of great personalities who contributed towards universal values.

Suggested Readings

- ✓ Dahama O.P., Bhatnagar O.P, (2005). *Education and Communication for Development (2nd Edn.)*. New Delhi: Oxford & BH Publishing Co. Pvt. Ltd.
- ✓ Hendricks, P.A. Developing Youth Curriculum Using the Targeting Life Skills Model: Incorporating Developmentally Appropriate Learning Opportunities to Assess Impact of Life Skill Development (*Iowa State Extension Publication 4H-137A, 1998*). Ames, IA: Iowa State University.
- ✓ Konar, N. (2011). *Communication Skills for Professionals (Second Edition)*. New Delhi: PHI Learning Private Limited.
- ✓ Mangal, S.K. ,and Mangal, U.(2014). *Essentials of Educational Technology*, PHI Learning Pvt. Ltd. 3.
- ✓ Sampath, K, A., Panneerselvam, S.S. (2007). *Introduction to Educational Technology*. Sterling Publisher Pvt. Ltd.
- ✓ Verma, S. *Development of Life Skill-II*, Vikas Publishing House.
- ✓ <http://www.unesco.org>
- ✓ <http://www.unicef.org>
- ✓ <http://www.un.org>
- ✓ <http://www.who.int/en/>