


Semester: 3- Elective course Discipline Centric

Subject - LIFE SKILLS EDUCATION

Code no.	BVID- 306	Credits- T- 3, P-2= 4
Course Objectives	To enable students to: Understand and enhance life skills• Develop knowledge, understanding and skills in the management of issues• related to personal growth and development. Develop skills, and responsible values and attitudes, that enhance the quality of interpersonal relationships	
Learning outcomes	<ul style="list-style-type: none">• Gain knowledge and understanding in order to make informed health and lifestyle decisions	
Course content	<ul style="list-style-type: none">• Life skills-meaning, definition, importance, WHO life skills• Life skills education-meaning, definition importance and goals• Three basic categories of life skills - Social or interpersonal skills (Communication Skills, Assertiveness• Skills, Cooperation Skills, Empathy) Cognitive or thinking skills (Problem Solving, Critical Thinking , • Creative Thinking, Decision Making, Self-Awareness) Emotional skills (Managing Stress, Managing Emotions, Resisting peer pressure)• Communication skills- Meaning and definition• Types and levels of communication• Barriers to communication• Ways to improve interpersonal communication and public speaking• Understanding conflict in relationships, causes of conflict and steps for managing and resolving conflict, the five styles of conflict resolution and healthy ways of avoiding conflict in relationships. Career guidance: Need and Importance of Career Guidance, Exploring career options, Deciding a career, Career Guidance Centre, Resume Writing, Job Search Method and Interview Facing	
Reference Books	Berk, L.E., (2007), Development through the Life Span, Pearson Education, New Delhi. Devadas, R.P; Jaya, N (2002), A Textbook on Child Development, Macmillan India Limited, Madras. DigumartiBhaskara Rao (1997), Care of the Child, vole and II, Discovery Publication House, New Delhi. Jegannath Mohanty and BhagyadharMohanty (1994), Early Childhood Care and Education (ECCE), Deep and Deep pub, New Delhi. Hurlock, E.B., (2004), Child Growth and Development, Tata McGraw Hill Company Papalia, D.E., and Olds, S.W., (2005), Human Development, Tata McGraw Hill	


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