

OEC: Course Title: LIFE SKILLS IN EDUCATION	
Course Title: Life Skills in Education	Course Code: 21BAOEED
Total Contact Hours: 42	Course Credits: 3
Internal Assessment Marks: 40	Duration of SEE: 3 hours
Semester End Examination Marks: 60 Marks	

Course Outcomes (COs):

At the end of the course the student will be able to:

1. Develop an understanding of life skills and Life skills education.
2. Define and Identify different life skills core life skills.
3. Develop an awareness of the self and apply well-defined techniques to cope with emotions and stress.
4. Explore the application of life skills education.
5. Enable the students to establish productive interpersonal relationships with others
Use appropriate thinking and problem solving techniques to solve new problems.
6. Understand the basics of teamwork and leadership.
7. Enable the students to plan for Employment and Career Planning.
8. Describe the perspectives in life skills education
9. Anticipate the challenges and opportunities faced in Life skill education.

Unit	Description	Hours
1	INTRODUCTION TO LIFE SKILL EDUCATION	9 hours
	1.1 Introduction to life skill-Concept, Components and Need for Life skill training. 1.2 Life Skills, Survival Skills and Livelihood Skills. 1.3 The Four Pillars of Education - Learning to Know, Learning to Do, Learning to Be, Learning to Live Together. 1.4 Core life skills- The Ten core Life Skills Identified by WHO: (Self-awareness, Empathy, Critical thinking, Creative thinking, Decision making, Problem solving, Effective communication, interpersonal relationship, coping with stress, coping with emotion).	
2	LIFE SKILLS FOR SOCIAL INTERACTION	8 hours
	2.1 Thinking skills- Creative and Critical Thinking, Problem Solving, Decision Making. 2.2 Communication skills: Effective Communication, Barriers in effective communication, Public Speaking 2.3 Emotional skills- Stress and Strain, Coping Strategies, Conflict resolution: Steps and stages.	
3	APPLICATION OF LIFE SKILLS EDUCATION	8 hours
	3.1 Life Skills Education for Well-being 3.2 Life Skills Education for Peace and Civic Engagement. 3.3 Life Skills Education for Disaster Management.	

	3.4 Self Esteem, Self awareness, Self control, Empathy and Sympathy	
4	LIFE SKILL FOR CAREER PLANNING	9 hours
	4.1 Employment and Career, Career Planning 4.2 Choosing a Career- Need and importance of Career Guidance, Sources of career information 4.3 Applying for a Job- Preparation of Resume, Follow up Communication, facing Interview and Group discussion	
5	LIFE SKILLS EDUCATION- PERSPECTIVES AND CHALLENGES	8 hours
	5.1 Life Skills Education in contemporary India. 5.2 Life Skills Education for Adolescents & Parenting. 5.3 Opportunities and challenges in application of Life Skills Education. 5.4 21st century life skills: Creativity, Critical Thinking, Collaboration, Problem Solving, Decision Making and Leadership Qualities.	

References:

1. Barun K. Mitra, "Personality Development & Soft Skills", Oxford Publishers, Third impression,
2. Bloona, Richard, ed. Coping with Stress in a Changing World. New York: McGraw Hill College Division, 1999.
3. Butterfield Jeff, "Soft Skills for Everyone", Engage Learning India Pvt Ltd; 1 edition, 2011.
4. Dahama O.P., Bhatnagar O.P, (2005). Education and Communication for Development, (2nd Edn.), Oxford& BH Publishing Co. Pvt. Ltd. New Delhi.
5. Debra McGregor, (2007).Developing Thinking; Developing Learning - A guide to thinking skills in Education, Open University Press, New York, USA
6. ICT Academy of Kerala, "Life Skills for Engineers", McGraw Hill Education (India) Private Ltd.,
7. Kataria, Pooja, Conflict Resolution: conflict: forms, causes and methods of resolution, Deep & Deep publications pvt limited 2007
8. Larry James, "The First Book of Life Skills"; First Edition, Embassy Books, 2016.
9. Nair. A. Radhakrishnan, (2010). Life Skills Training for Positive Behaviour, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu.
10. Santrock W.John (2006). Educational Psychology. (2nd Edn.)New Delhi: Tata.
11. Shalini Verma Development Of Life Skill-II, Vikas Publishing House
12. Shalini Verma, "Development of Life Skills and Professional Practice"; First Edition; Sultan Daniel Goleman, "Emotional Intelligence"; Bantam, 2006.
13. The Ace of Soft Skills: Attitude, Communication and Etiquette for Success, Pearson
14. Training in Interpersonal Skills: Tips for Managing People at Work, Pearson Education, India;
15. UNESCO (1997). Adult Education The Hamburg Declaration, UNESCO, Paris.
16. WHO (1999). Partners in Life Skills Education: Conclusions from a United Nations Inter-Agency Meeting, WHO, Geneva.

Sites:

1. UNESCO – <http://www.unesco.org/>
2. UNFPA - <http://www.unfpa.org/>
3. UNICEF - <http://www.unicef.org/>
4. United Nations - <http://www.un.org/>
5. WHO - <http://www.who.int/en/>
6. India Portal - www.indiaportal.gov.in

