



**SEMESTER – IV**

**Course Code: BD4E6**

**Credits: 5**

*Elective Course*

**LIFE SKILLS EDUCATION**

**COURSE OBJECTIVES**

CO1 : Understand the soft skills, hard skills and social emotional learning.

CO2 : Identify the use of communication skills and different modes of writing skills in real situations.

CO3 : Demonstrate interview skills, critical thinking and creative thinking skills.

CO4 : Comprehend the interpersonal skills and adopt good leadership behavior for empowerment of self and others.

CO5 : Understand the universal human Values.

**UNIT -1: SOCIAL - EMOTIONAL LEARNING**

Skill Development: Hard skills and Soft skills, Social Emotional Learning (SEL) - Components of SEL - Benefits of Practicing Social Emotional Learning (SEL) - Ways to integrate Social Emotional Learning in the classroom - Emotional Skills: Coping with stress and dealing with emotions - Importance and Benefits of life skills - Humanistic curriculum design and Personal curriculum design

**UNIT-II: SOCIAL SKILLS**

Communication Skills: Listening, Speaking, Reading and Writing - Different modes of writing - Digital Literacy - Effective use of Social Media and Non - verbal communication - Communication techniques.

Interpersonal Skills: Components, Types, Dimensions of Interpersonal relationships - methods to enhance interpersonal relationship - Selman's Stages of interpersonal reasoning.

Empathy: Types, Dimensions, Teaching Strategies for enhancing empathy - practices for fostering empathy - Service Learning and Social Curriculum Design.

**UNIT-III: COGNITIVE AND PROFESSIONAL SKILLS**

Cognitive Skills: Self-Awareness, Critical thinking, Creative thinking, Decision-making and problem-solving - Career Skills: Resume Skills, Interview Skills, Group Discussion Skills

and Exploring Career Opportunities -Team Skills: Presentation Skills, Trust and Collaboration, Listening as a Team Skill, Brain-storming, Social and Cultural Etiquettes and International Communication.

#### **UNIT -IV: LEADERSHIP AND MANAGEMENT SKILLS**

Leadership Skills and Managerial skills - Time Management: Components, Techniques of time management and strategies for better Time management - Entrepreneurial skill, Innovative Leadership and Design thinking - Ethics and Integrity - Social reconstruction curriculum design.

#### **UNIT-V : UNIVERSAL HUMAN VALUES**

Love & Compassion, Truth, Non-Violence, Righteousness, Peace, Service and Renunciation-Self- Science curriculum and Para curriculum - The teacher as a facilitator -Agencies of Life Skills Education : UNESCO, UNICEF,WHO,NSDC & TNSDC.

#### **SUGGESTED ACTIVITIES**

1. Present a report on social - emotional learning.
2. Suggest some activities develop listening and speaking skill.
3. Have a discussion on Cognitive and Professional skills.
4. Have a seminar on Leadership and Management skill.
5. Present a report on Universal human values.

#### **TEXT BOOKS**

1. Bhagyashree, A.D., (2016). Life skills education. Bookman.
2. Jain, Usha & Jain, Rajiv Kumar. (2014). Life skills – A guide to steer life. Vayo Education of India.
3. James, Larry. (2006). The first book lifeskills. Mumbai. Embassy Books.
4. Joshi Rokeach (1973). The nature of human values. New Yourk: The Free Press
5. Ravikanth Rao,K & Dinakar, P. (2018). Life skills educations, New Delhi: Neelkamal Publications.
6. Swift, Keilly. (2021). Life skills. Barnes & Noble.

#### **SUPPLEMENTARY READINGS**

1. Ashokan, M. S. (2015). Karmayogi: A Bbiography of E. Sreedharan. Penguin, UK.
2. Brown, T. (2012). Change by Design. Harper Business

3. Livermore D. A. (2010). Leading with cultural intelligence: The New Secret to success: New York: American Management Association
4. Patra, Avinash (2012), The Sprirtual Life and Culture of India, Oxford University Press
5. ShantikumarGhosh,(2004), Universal Values. The Ramakrishna Mission, Kolkata.
6. Sinek S. (2009). Start with Why: How Great Leaders Inspire Everyone to Take Action. Penguin

### E-RESOURCES

1. <https://www.forbes.com/sites/kimberlyfries/2018/02/08/8-essential-qualities-that-define-great-leadership/#452ecc963b63>.
2. <https://www.ted.com>.
3. [www.ted.com/ talks/anil\\_gupta\\_india\\_s\\_hidden\\_hotbeds\\_of\\_invention](https://www.ted.com/talks/anil_gupta_india_s_hidden_hotbeds_of_invention)
4. <https://nptel.ac.in/courses/122105021/9>
5. <https://www.sscnasscom.com/>
6. [https://www.sscnasscom.com](https://www.sscnasscom.com/).

### COURSE OUTCOMES

After completion of this course, the student-teachers will be able to:

CO1 : gain Self Competency and Confidence

CO2 : demonstrate cognitive skills.

CO3 : explain the uses of time management skill and leadership skill.

CO4 : analyze the ways to develop listening, speaking, reading and writing skills.

CO5 : demonstrate the Universal Human values to the society.

### OUTCOME MAPPING

| COURSE OUTCOMES | PROGRAMME SPECIFIC OUTCOMES |   |   |     |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------------|-----------------------------|---|---|-----|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|                 | 1                           | 2 | 3 | 4   | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| CO1             |                             |   |   | ✓HV |   | * |   |   |   |    | *  |    |    |    |    |    |    |    |    |    |    |    |    |    |
| CO2             |                             |   |   |     |   |   |   |   |   |    | *  |    |    |    |    |    |    |    |    |    |    |    |    |    |
| CO3             |                             |   |   |     |   |   |   |   |   |    | *  |    |    |    |    |    |    |    | *  |    |    |    |    |    |
| CO4             |                             |   |   |     | * |   |   |   |   |    | *  |    |    |    |    |    |    |    |    |    |    |    | *  |    |
| CO5             |                             |   |   |     |   |   |   |   |   |    | *  |    |    |    |    |    |    |    |    |    |    |    |    |    |