

## **OPEN COURSE**

To be offered by Department of Psychology for other students

### **OPEN COURSE CHOICE II**

**SEMESTER V**

**PSY5D02**

**Credits : 3**

**LIFE SKILL APPLICATIONS**

**48 hours**

#### **Objectives:**

- To promote life skill education
- To develop abilities for adaptive and positive behavior
- To enhance self-confidence and self-esteem

#### **Module 1 : Introduction hours**

**8**

Life Skill: Concept, meaning, definition, need, Importance, Ten core life skills.

#### **Module 2: Self awareness, Empathy and Problem solving hours**

**12**

Self awareness: concept, importance of self awareness, skills to become self aware and benefits of self awareness in real life.

Empathy: Need for empathy, importance of empathy in building relationships, benefits of empathy in real life. Problem solving: Steps of problem solving, using problem solving skill in solving real life problems

#### **Module 3 :Survival Skills, Effective communication and Negotiating skills hours**

**14**

Survival Skills: Interpersonal relations-building of interpersonal relations, skill to improve interpersonal relations

Effective communication: listening skills, verbal and non verbal communications.

Negotiating skills: decision making-importance of effective decision making in real life, career decision making

#### **Module 4: Life skill in different area hours**

**14**

Life skill for preventing addiction-life skill for career planning and development-life skill for women empowerment-life skill training for various groups (Adolescents, youth).

#### **Reference**

Hurlock, B.E. (2007). Developmental Psychology. New Delhi: Tata MC Graw Hill Publishing Co. Ltd

Nelson – Jones, R. (2007). Life Counseling Skills. New Delhi :Sage

Publishers Rajasenan ,U. (2010). Life skills,Personality and

Leadership.Chennai,RGNIYD

UNESCO and Indian Natotional Commission for Cooperation .(2001). Life skills in Non formalEducation;A Review. Paris.

UNESCO-<http://www.unesco.org>

Wadker,A.(2016).Lifeskills for success. Delhi:Sage Publications

WHO (1999) Partners In Life Skill Education: Conclusions from a Uninvited Nations Inter -Agency Meeting, Geneva

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