

**OPEN COURSE**  
**LIFE SKILL EDUCATION**  
**DEPARTMENT OF PSYCHOLOGY**

**(CREDITS – 3)**

**Module 1**

Introduction to life skills- Life skill; Need and importance- Definition and interpretation by WHO - Origin and development of concept of life skill.

**Module 2**

Mother skills: self-awareness – Development of self-theories-assessment- Empathy- Survival Skill: inter personal and intrapersonal orientations- Interpersonal attraction & theories- Skill to develop relations and resolve conflicts- Effective communication: components of communication- Listening-verbal and non-verbal skills

**Module 3**

Thinking skills: Critical thinking & creative thinking and media thought- Negotiating skills: Decision making-problem solving - Coping skills: Life skills for stress & time management - Symptoms of anxiety-Overcoming anxiety- Goal setting and planning.

**Module 4**

Life skill in different area- 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)

## COURSE OUTCOME

- The student will be able to describe the various methods regarding problem solving and decision making
- The student will be able to describe the effective communication and proper listening
- The student will be able to discuss the benefit of group collaboration and cooperation
- The student will be able to discuss about stress coping skills, time management and goal setting