

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**8 hours**

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

Module 2: Self awareness, Empathy and Problem solving**12 hours**

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**14 hours**

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**14 hours**

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).