

Life Skills

Department of Social Work

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Duration and Credits: 30 hours, 1 credit

Course Fee

- 2000 INR (Students of SJC)
- 2500 INR (Outsiders)

Total No of Seats: 20

Objectives of the Course

- To assist the learners to improve their self-awareness and coping mechanisms to deal with challenges of everyday life.
- Understand and master the social and interpersonal skills required for promoting healthy relationships.
- To build confidence in youth and enhance their self-esteem, through developing positive concepts.

Course Description

The development of Life skills is an integral component of a healthy lifestyle. It enables youth to learn the skills required for daily functioning, which includes social and interpersonal skills to build positive relationships and skills for helping youth to be more responsible and make the right choices.

Method

Lecture, group activity and visual aids

Syllabus

Unit I

10 hours

Self-Awareness, Social Skills and Interpersonal Skills

- Self-Awareness: Importance, Components.
- Empathy: Definition, Importance, Process.
- Effective Communication: Importance, Components, Process, Barriers.
- Interpersonal Relationship: Types, Factors affecting Relationship, Importance, Process.
- Practice sessions

Unit II

10 hours

Thinking Skills and Coping Skills

- Creative and Critical Thinking: Importance, Process.
- Problem Solving: Need and Importance.
- Decision Making: Need, Importance, consequences of Decision Making.
- Coping with emotions: Types, emotional intelligence, importance, coping strategies.
- Coping with stress: Stressors, sources of stress, factors in stress reaction, importance, coping strategies.
- Practice sessions

Unit III

10 hours

Problem Specific Life Skills

- Life skills to overcome Eating Disorders, Peer Pressure
- Life skills to prevent and cope with drug abuse and alcohol dependence
- Life skills to understand RTI/STI/ HIV and AIDS
- Life skills to avoid Suicide Tendency and to handle Domestic Violence

References

- Goldmann, R. David, Editor-in Chief (1999), Complete Home Medical Guide, American College of Physicians, DK Publishers
- Hilgard, E, Atkinson R C & Atkinson R L (1976), Introduction to Psychology (6th Edition), IBH Publishing Co., Pvt Ltd. New Delhi.
- Hurlock, B. Elizabeth, (2007), Personality Development, Tata McGraw - Hill Publishing Company Limited, New Delhi.
- UNESCO and Indian National Commission for Co-operation (2001): Life Skills in Non-Formal Education: A Review, Paris.
- WHO (1999): Partners in Life Skills Education: conclusions from a United Nations Inter-agency Meeting, Geneva.