

SYLLABUS FOR LIFE SKILLS & ETHICS

MODULE 1: INTRODUCTION TO LIFE SKILLS (2 hours)

What are Life Skills? Why Life Skills? Benefits of Life Skills. Life Skills Development. WHO's ten core Life Skills

MODULE 2: UNDERSTANDING OF LIFE SKILLS (8 hours)

Self awareness:

Recognition of "self" & establishing personal identity.

Understanding one's strength, weakness, desires and dislikes.

Exploring one's potential in general (career perspective in particular.)

Self confidence

Self esteem

Goal setting:

What are goals?

Importance of goal setting.

Classification of goals as short, medium & long term goals.

Identifying goals.

SMART goals.

MODULE 3: THINKING ABILITY (10 hours)

Concept of critical thinking,

Characteristics of critical thinking

Strategies involved in critical thinking.

Critical thinking models.

Concept of creative thinking

Characteristic of four components in creative thinking – fluency, flexibility, originality and elaboration.

Creative solution finders.

Lateral Thinking – Definition, Understanding of Lateral thinking, Lateral thinking techniques, Benefits of lateral thinking.

MODULE 4: PROBLEM SOLVING & DECISION MAKING (8 hours)

Problem solving:

Meaning of problem.

Understanding of problem solving.

Causes and consequences.

Steps in problem solving.
5 Ws (Why) & 1 H (How) frame work)
Solution is the word

Decision making:
What is decision making?
Process of decision making.
POWER model of decision making.
Practising making decisions.
Smart decisions.
Difficult decisions.

MODULE 5: INTERPERSONAL RELATIONSHIP & STRESS MANAGEMENT (6 hours)

Meaning of Interpersonal relationship
Managing Interpersonal relationships
Network of relationships

Coping with stress – Recognition of stress. Factors causing stress, Positive & Negative type of stress, Effects of stress on body and mind. Stress removal technique – Therapeutic writing.

Coping with emotions – Recognition of emotions, Relationship between emotions and behavior. Response to emotions. Intense emotions' effects on health.

MODULE 6: ETHICS & VALUES (8 hours)

Understanding of Ethics.
Essence, Determinants & Consequences of Ethics in human actions.

Human Values: Lessons from the lives of teachings of great leaders, reformers.
Role of family, society and educational institutions in inculcating values.

Empathy & Emotional Intelligence: Concept and their utilities and application in day to day life.

PEDAGOGY: Class lecture on theoretical part.
Case Studies, Active exercises such as role play, presentations, Videos for practical understanding.

Reference Book:

Vikas (Life Skills Manual) Published by Karnataka Knowledge Commission, Government of Karnataka.