Elective Course 2: Life Skills

Course Type:	GNE: Generic Elective	Course Credits:	2
Course Code:	C1GE409	Course Duration:	30 Hours

Course Objectives:
- To enhance self-awareness, empathy, and communication for better interpersonal relationships.
- To develop critical thinking, creativity, and decision-making skills for real-life problem-solving.
- To build emotional intelligence, manage stress effectively, and set actionable personal and professional goals.

Course Outcomes:
- CO1: Develop self-awareness and empathy for building positive relationships
- CO2: Utilize critical and creative thinking skills for effective problem-solving.
- CO3: Learn to cope with stress, manage emotions, and set achievable personal goals.
- CO4: Improve verbal and non-verbal communication to enhance interpersonal relationships.

Unit / Module	Content	CO Mapping	Hours Assigned
1	**Self-Awareness, Empathy, and Communication:** Self-Awareness: Identifying personal strengths and weaknesses; building self-esteem. Empathy: Understanding others' emotions and perspectives; the importance of empathy in relationships. Effective Communication: Developing verbal and non-verbal communication skills; building strong interpersonal relationships **Activities:** Empathy-building games: Role-playing activities to understand others' emotions and perspectives. Communication role-playing: Enhancing listening	CO1 & CO4	10

	skills and overcoming communication barriers through interactive scenarios.		
2	**Critical Thinking, Creative Thinking, and Decision Making:** Critical Thinking: Analyzing and evaluating information; enhancing problem- solving and analytical abilities. Creative Thinking: Fostering creativity, innovation, and thinking outside the box. Decision Making: Understanding decision-making processes and models; making informed choices. **Activities:** Critical and creative thinking exercises: Use puzzles, lateral thinking games, and idea-generation workshops. Problem-solving activities: Group activities focused un-solving real-world scenarios using creative approaches. Decision-making case studies! Analyse real-life case studies to practice structured decision-making models.	CO2	10
3	**Coping with Stress, Emotional Intelligence, and Goal Setting:** Coping with Stress: Identifying stressors; exploring stress management techniques such as relaxation, time management, and mindfulness. Emotional Intelligence: Recognizing and managing emotions; developing emotional resilience and regulation. Goal Setting: Understanding and creating SMART goals (Specific, Measure, Achievable, Fatalistic, Time-bounce) for personal and professional growth. **Activities:** Stress management workshops: Practice relaxation techniques like mindfulness, guided breathing, and	CO3	10

	physical exercises. Emotional regulation activities: Exercises focused on managing anger, frustration, and practicing self-control. Goal-setting workshops: Students create personal growth plans with actionable steps using the SMART framework,		

Text Books:

1. "Life Skills for Success" - Alka Wadhwa, Sandeep Bhargava, Macmillan Education (Covers communication, time management, emotional intelligence, and team skills.)
2. "Life Skills: A Workbook for Learners"- Terry Godwin, Cambridge University Press (A practical workbook focused on problem-solving, critical thinking, and decision-making.)
3. "Life Skills: Everyday Guidelines for Success"- Shiv Khera, Bloomsbury India (Simple, actionable insights for self-development and ethics in daily life.)
4. "Empowering Life Skills for the 21st Century"- V. Rajasekaran, Himalaya Publishing House (Emphasizes WHO-defined life skills for students and professionals.)

Reference Books:

1. The 7 Habits of Highly Effective People- Stephen R. Covey
2. Emotional Intelligence- Daniel Goleman
3. How to Win Friends and Influence People- Dale Carnegie
4. Mindset: The New Psychology of Success- Carol S. Dweck
5. The Power of Now- Eckhart Tolle