

VAC-191: LIFE SKILLS EDUCATION

(Contact Hours: 45, Credits-3)

Learning Outcomes (LOs):

1. Acquainting with concept of life skills
2. Understanding core life skills, its concept, process
3. Enhancing one's ability to be adaptive
4. Acquiring career skills and fully pursue to partake in a successful career path

Unit-I Introduction to Life skills

- Concept, characteristics and significance of life skills
- Livelihood and survival skills
- Life skills approach
- Core Life skills

Unit-II Fundamentals of Life skills education

- Concept and understanding Life skills education
- Genesis of Life skills education
- Perspectives in Life skills education
- The Four Pillars of Education - Learning to Know - Learning to Do - Learning to Live Together - Learning to Be and Learning Throughout Life.

Unit-III Career skills activities

- Resume, its importance and essential components of a good resume
- Interview Skills - Preparation and Presentation
- Meaning and types of interview (F2F, telephonic, video, etc.)
- Approach and Response (STAR Approach) for facing an interview

Suggested readings:

1. Debra McGregor, (2007). Developing Thinking; Developing Learning - A guide to thinking skills in education, Open University Press, New York, USA
2. Duffy Grover Karen, Atwater Eastwood, (2008). (8th Edn.), Psychology for Living Adjustment, Growth and Behaviour Today, Pearson Education Inc, New Delhi.
3. Family Health International, NACO, USAID (2007), Life Skills Education tool kit for Orphans and vulnerable children in India
4. Mahajan, Gourav (2022). Life Skills Education, Shipra Publications, New Delhi.
5. Nair. A. Radhakrishnan, (2010). Life Skills Training for Positive Behaviour, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu.
6. Nair .V. Rajasenan, (2010). Life Skills, Personality and Leadership, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu.
7. Prakash B. (Ed). (2003). Adolescence and life skills. Common Wealth Youth Program, Asian Center, Common wealth Secretariat. New Delhi: Tata McGraw Hill.
8. Rao, K. Ravikanth and Dr. P. Dinakar (2021). Life Skills Education, Neelkamal Publications, New Delhi.

9. RGNIYD. (2008). Facilitators Manual on Enhancing Life Skills. Tamil Nadu
10. Santrock, W. J. (2007). Adolescence, Tata Mc Graw Hill, Boston
11. Stella Cottrell, (2005). Critical Thinking Skills: Developing Effective Analysis and Argument, Palgrave Macmillan Ltd., New York.