

**FOUR-YEAR UNDERGRADUATE
PROGRAMME (CU-FYUGP)**

Bachelor of Social Work (B.S.W.) Honours

Programme	Bachelor of Social Work (B. S.W.) Honours				
Course Code	BSW2FM106				
Course Title	Life Skill Education for Personal Well Being				
Type of Course	Multi-Disciplinary Course 2 – Other than Major				
Semester	II				
Academic Level	100 - 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites	-				
Course Summary	This course on Life Skill Education covers a wide range of topics essential for personal development, including self-awareness, decision-making, and interpersonal skills. Through a structured curriculum and interactive activities, students will not only understand the theoretical aspects but also have opportunities to apply these skills in real-life scenarios. By fostering critical thinking, empathy, and effective communication, the course aims to equip individuals with the tools necessary for navigating various challenges and fostering meaningful relationships.				

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Understand the concept, definition, types, objectives and practical areas of Life skills.	U	C	Assignments and Group Discussions
CO2	Understand self-awareness and emotional regulation for personal growth and well-being.	U	C	Activities and Presentations / Observation of Practical Skills
CO3	Demonstrate decision-making skills and foster critical and creative thinking abilities for problem-solving and innovation.	Ap	P	Activities and Presentations / Group Tutorial Work/ Observation of Practical Skills
CO4	Develop empathy and effective interpersonal skills for building meaningful relationships.	Ap	P	Activities and Presentations / Group Tutorial Work/ Observation of Practical Skills
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs (40 +5)	Marks (50)
I	Introduction to Life Skills		10	12
	1	Concept, Definition (WHO), Ten Core Life Skills by WHO.	2	
	2	Objectives and intervention areas of Life Skills.	3	
	3	Categories of Life skills: Personal Skills, Thinking skills and Interpersonal Skills.	3	
	4	Life Skill education	2	
II	Personal Skills		10	12
	5	Understanding Self-awareness, Recognizing and Labeling Emotions.	3	
	6	Emotional Regulation Techniques, Self-reflection Practices and SWOC Analysis.	3	
	7	Coping with Stress and Emotions.	2	
	8	Stress Management Techniques and Building Resilience.	2	

III	Thinking Skills		12	16
	9	Introduction to Critical and Creative Thinking.	1	
	10	Analytical Reasoning.	2	
	11	Convergent and Divergent Thinking.	1	
	12	Problem-Solving Techniques.	2	
	13	Evaluating Evidence and Arguments.	2	
	14	Applying Critical and Creative Thinking in Real-life Scenarios.	2	
	15	Decision-Making Models Identifying Decision-Making Criteria Assessing Risks and Consequences	2	
IV	Interpersonal Skills		8	10
	16	Healthy Relationships.	1	
	17	Understanding Empathy.	1	
	18	Active Listening, Perspective Taking.	2	
	19	Communication: Verbal and Non-verbal.	2	
	20	Conflict Resolution Strategies and Effective Communication Techniques	2	
V	Activities for Life skills		5	
	Conduct 10 activities for each Life Skill (Case Studies / Group Discussions / Quizzes / Reflections/ Role-Plays/Outbound activities)			

Books and References:

1. World Health Organization (1993). Life skills education in schools (WHO/MNH/PSF/93.A Rev. 1), WHO, Geneva.
2. World Health Organization. (Year). Partners in Life Skills Education: Conclusions from a United Nations Inter-Agency Meeting [PDF document].
3. Khera, S. (1998). You Can Win. Macmillan India.
4. Goleman, D. (1995). Emotional Intelligence: Why It Can Matter More Than IQ. Bantam Books.
5. Rosenberg, M. B. (2015). Nonviolent Communication: A Language of Life. Puddledancer Press.
6. Greenberg, M. (2017). The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity. New Harbinger Publications.
7. Paul, R., & Elder, L. (2002). Critical Thinking: Tools for Taking Charge of Your Professional and Personal Life. Pearson Education.
8. Riess, H. (2017). The Empathy Effect: Seven Neuroscience-Based Keys for Transforming the Way We Live, Love, Work, and Connect Across Differences. Sounds True.

Mapping of COs with PSOs and POs:

	PSO1	PSO2	PSO3	PSO4	PSO 5	PSO 6	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	1	-	-	-	-	-	2	-	-	-	-	-	-
CO 2	3	1	-	-	-	-	2	-	-	-	-	-	-
CO 3	-	-	2	-	-	-	-	-	2	-	3	-	-
CO 4	-	-	3	3	-	3	-	-	2	-	-	-	-

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Assignments (20%)
- Final Exam (70%)

Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓	✓		✓
CO 2		✓		✓
CO 3		✓		✓
CO 4		✓		✓