DEPARTMENT OF SOCIOLOGY

VALUEADDED COURSE
IN
LIFESKILLS
COURSE CODE: 15SOCVAC01

The Value Added Education Courses on Life Skill aim to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skills of students. The main objectives of the program are:

- To provide students an understanding of the expectations of industry.
- To improve employability skills of students.
- To bridge the skill gaps and make students ready TO TAKEUP ASSIGNMENTS
- To provide an opportunity to students to develop inter-disciplinary skills

SYLLABUS

Module I

Need of Lifeskills

1.1 Components of life skills- Need for Life skill training
1.2 Spheres where Life Skill Development is required
1.3 Life Skill Development and Personality

Module II

Career Planning

2.1 Choosing a Career, Career Planning, Need and importance of Career Guidance, Career
2.2 Guidance Centers - Sources of Career Information, Job Fair, Career Magazines, Computerized Job Search
2.3 Applying for a Job: Preparation of Resume, Follow up Communication
Module III

Self Management

3.1 Self Esteem, Self Awareness Self, Control, Emotional Quotient and Social Quotient,

3.2 Coping with Emotions, Stress and Strain

3.3 Conflict resolution, Steps and stages, Developing Positive Thinking and Assertiveness

Reference:

1. Elizabeth Hurlock (1968), Development Psychology, Mc Grew Hill

2. Baron A Robert and Byrne Donn (2003, Social Psychology, Prentice Hall of India

3. Delors, Jacques (1997), Learning: the Treasure Within, UNESCO, Paris

4. UNESCO and Indian national Commission of Cooperation with UNESCO (2001), Life Skill in Non formal education A Review, UNESCO, Paris

5. WHO (1999), Partners in Life Skill Education: Conclusions form a UN Inter Agency Meeting, WHO, Geneva

8. MKC Nair, et al (Ed)(2001), Family life education and AIDS Awareness training Manual for Minus two to plus two.