LIFE SKILLS

Course Code: 15FE1107　　　　　　　　　　　**L　　T　　P　　C**
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Course Outcomes:
At the end of the course the student will be able to
CO 1: Analyse the importance of Life skills in critical thinking and problem solving.
CO 2: Cater the concept of leadership and entrepreneurship with the help of creativity.
CO 3: Understand the micro concepts of social and cross cultural skills.

UNIT - I:Introduction to Life Skills　　　　　　　　　　**(6 lectures)**
Introduction - Emotional and Cognitive - What are life Skills - Need and Importance - Emotional: About Emotional Skills – Empathy – Adaptability - Self Awareness and Resilience - Cognitive: About Cognitive Skills - Lateral/System/Critical thinking and Problem Solving.

UNIT - II: Creativity and Leadership　　　　　　　　　　**(5 lectures)**
Creativity: About Creativity – Curiosity – Innovation - Ideation and Visualisation - Leadership Qualities: About a Leader and Leadership – Organising – Entrepreneurship -Excellence and Influence (without authority).

UNIT- III: Social and Collaboration skills　　　　　　　　**(5 lectures)**
Social: Understanding about Citizenship - Environment & Sustainability - Health & Wellness and Gender Harmony & equity – Collaboration – Communication – Negotiation - Conflict Management and Cross Cultural Sensitivity.

Text Books

S.No	Author	Title	Edition	Publisher	Year
1	Heidi Grant Halvorson	Succeed: How We Can Reach Our Goals	1st	Hudson Street Press	2010
2	Bernie Trilling, Charles Fadel	21st Century Skills: Learning for Life in Our Times	Pap/DVD edition	Jossey Bass	2012
3	Dr. K. Ravikanth Rao Dr. P. Dinakar	Life Skills Education	1st	Neelkamal	2016
4	Larry James	The First Book of Life Skills: 10 ways to maximize your personal and professional potential	1st	Sage Creek Press	1998

Reference Books

S.No	Author	Title	Edition	Publisher	Year
1	Michael S. Dobson	Goal Setting: How to Create an Action Plan and Achieve Your Goals	2nd	AMACOM	2008
2	B.K.Joshi	Stress Management	1st	Pointer Publishers	2007