

DEPARTMENT OF PSYCHOLOGY

PSY5 D02-LIFE SKILL APPLICATIONS

THIS SUBJECT IS APPLICABLE FOR ALL THE STUDENTS.

OBJECTIVES:

To promote life skill education.

To develop abilities for adaptive and positive behaviour.

To enhance self-confidence and self- esteem.

Main Topics :

Life skill- Need and importance,ten core life sills

Self- awareness-Skills and benefits of self-awareness in real life

Empathy- Need, importance and benefits

Problem solving-Steps and skills

Survival skills-Interpersonal relation building, skills to improve relations

Effective communication- Listening skills, verbal and non-verbal communications

Negotiating skills-Decision making, importance and career decision making

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