

## **CERTIFICATE COURSE IN LIFE SKILL DEVELOPMENT**

### **RATIONAL OF THE COURSE:**

In today's competitive world, any subject's knowledge enrichment has given high priority than life skills. Life skills are our abilities for adaptive & positive behavior, which enable us to deal effectively with the demands and challenges of everyday life. It also plays important role in promotion of physical, mental and social health of children and adolescent. It's related to inability to deal with stress and pressure in daily life. At the international, national level life skill development issues being discussed with a view to specific strategies for promotion of the development of newer skills for children & adolescents. Students from various discipline and also adults are attracted to Life skill & want to know how to utilize their potential to the fullest their expectations.

This certificate course designed for Students, teachers & parents for learning, understanding & enhancing Life skills.

### **OBJECTIVES:**

- 1) To learn, understand and the Life Skills.
- 2) To sharpen & enhance Life Skills related Daily Life Activities.
- 3) To help build new network of life skills developments.

### **BENEFITS:**

This Certificate course benefited for Students, Parents & Counselor, which is suitable for helping for any kind of issues or problems affecting their children's, students & clients.

### **ELIGIBILITY:**

XII<sup>th</sup> passed any stream.

### **COURSE DURATION:**

The course work carried out in 6 month from July to December. Only one batch admitted in the academic year.

**COURSE CONTENT:**

**Paper I: Basic Life Skills**

**(Marks 100)**

**Unit 1: Enhancing Self Understanding**

- A) Self – Esteem: Understanding Self, Concept of Self, Negative or Positive Self esteem.
- B) Motivation: Introduction, Nature, Type, Factors affecting an achievement motivation, Self management skills, social competency.
- C) Values & Ethics: Values, Ethics, Work Ethics, Character building, Sexual harassment.

**Unit 2: Cognitive Process.**

- A) Communication: Nature, Importance, Definition, Models, Determinants. Types, Styles.
- B) Thinking: Proactive Thinking-Being Proactive, Effecting Thought Pattern, Put First Think First, Think Win/Win.  
Positive Thinking: Nature & Significance Correlates of Positive Thinking, Effects of Positive Thinking.
- C) Assertiveness: Types of Behavior, Nature of assertiveness, types of assertiveness, assumptions & Rights, Interpersonal communication, skill in assertiveness, Characteristics in assertiveness.

**Paper II: Components of Life Skills**

**(Marks 100)**

**Unit 1: Emotions**

- A) Emotion: Nature of Emotions, Biology & Emotions, Functions of Emotional Expression, Gender & Emotion, Emotional abuse, Strategies to Control Emotions. Emotional competence.
- B) Love, Happiness, Fear & Anger: Nature & Type of attachment, Nature, Types & Models of Love. Nature, Correlates, consequences of Happiness. Nature, causes Types, consequence of Anger, Expression of Anger. Nature, causes & consequences of Fear.
- C) Stress: Nature, GAS ,Types & causes of Stressor, Effects & Indicator, Correlates of Stress.

**Unit 2: Relating to Others.**

- A) Empathy: Nature, Types of Empathy, correlates & other relevant concepts of empathy.
- B) Friendship: Nature, Developments, Types, Correlates & Benefits of Friendship.
- C) Interpersonal Relationship: Transactional Analysis, Basic Concept, Types, Related Issues, Scripts, Stroke & Injections, Games. Nature, Types (Formal & Informal) Factors Affecting, Barriers, Conflict Management of Interpersonal Relationship.

**Paper III: Strategies to Enhancing Life Skills**

**(Marks 100)**

**Unit 1: Enhancing Self Awareness, Communication & Thinking.**

- A) Developing Positive self esteem.
- B) Enhancing Intrinsic Motivation.
- C) Developing Good Manners & Etiquettes.
- D) Enhancing the power of Positive Thoughts.
- E) Strategies to become assertive.
- F) Strategies to Motivate student in Classroom environment.

**Unit 2: Enhancing Emotions & Relations to Others**

- A) Strategies to Enhance Control Emotional Intelligence.
- B) Anger Management.
- C) Management of Stress.
- D) Enhancing Empathy.
- E) Strategies for maintaining good Interpersonal Relations.
- F) Guideline for Team Building.

**EXAMINATION AND EVALUATION:**

There shall be an examination in the month of January by Solapur University, Solapur. For the Examination 3 theory papers each paper of 100 Marks as Total 300 marks for course. The candidate should obtain minimum 40% marks on each theory and skill lessons papers.

**NATURE OF QUESTION PAPER:**

Theory Papers I, II, III

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|---------------------------------|------------|
| Q1: Multiple Choice             | (15 Marks) |
| Q2.Short Answers (5 out of 8)   | (15 Marks) |
| Q3. Short Notes (3 out of 5)    | (30 Marks) |
| Q4. Long Questions (1 Out of 2) | (20 Marks) |
| Q5. Descriptive Question.       | (20 Marks) |

## EXAMINATION GRADES:

<b>Grade A</b>	Distinction	–	71 % and above
<b>Grade B</b>	First Class	–	61% to 70%
<b>Grade C</b>	Second Class	–	53% to 60%
<b>Grade D</b>	Pass Class	–	40% to 52%
<b>Grade F</b>	Fail	--	39% and Below

## RESULT & CERTIFICATION:

There is normally result distributed 40 days after each examination diet. On successful completion of the course students or candidate awarded CCLSD certificate of Janavikas Kendra Solapur University, Solapur.

## ADMISSION AND COURSE FEES:

Intake capacity is 25 candidates. Eligible candidate directly confirms their admission paying to the credit Challan A/C Bank of Maharashtra of the course fees amount Rs 1000/- (One Thousand Rupees Only). 2 Copies of 12<sup>th</sup> Mark list & Certificate, 2 Passport size Photo.

## BOOKS:

- ❖ Wadkar Alka (2016) ----- Life Skills – Sage Publication
- ❖ B. Narayanrao ----- Counseling & Guidance
- ❖ Gupta S.K. ----- Guidance & Counseling
- ❖ Richard Nelson- Jones ----- Basic Counseling Skills
- ❖ K. Prashant ----- Basic Studies in Counseling
- ❖ Shekharan ----- Psycho Social perspective of Life Skills.