

# **KAHM UNITY WOMEN'S COLLEGE, MANJERI**

## **DEPARTMENT OF PSYCHOLOGY**

### **CERTIFICATE COURSE (2023- 2024)**

#### **PSYCC006 LIFE SKILLS TRAINING**

##### **Course Description**

This course is designed to enhance essential life skills that contribute to personal and professional success. Through interactive activities, discussions, and reflective exercises, students will develop self-awareness, empathy, effective communication, problem-solving, decision-making, interpersonal relations, and career decision-making skills.

##### **Course Objectives:**

- Develop a deep understanding of oneself, including strengths, weaknesses, values, and personal goals through introspective activities and reflective exercises.
- Foster effective communication, active listening, and empathy to strengthen interpersonal relationships, both personally and professionally.
- Equip participants with practical tools and strategies to make informed decisions, solve problems systematically, and navigate challenges confidently.

##### **Course Outcomes:**

- Strengthen participants' ability to build and maintain positive relationships
- Develop a structured approach to career exploration and decision-making
- Enable individuals to navigate life challenges confidently by instilling a holistic set of life skills.

##### **MODULE 1 SELF-AWARENESS**

**(7 hours)**

Self-reflection activities, Understanding strengths and weakness, Goal setting exercises, Strengths and weaknesses analysis, Personal values exploration

##### **MODULE 2 EMPATHY AND INTERPERSONAL COMMUNICATION**

**(7 hours)**

Role-playing scenarios, Empathy-building exercises, Effective communication checklist, Verbal and non-verbal communication skills, Conflict resolution techniques and building healthy relationships.

##### **MODULE 3 ACTIVE LISTENING AND PROBLEM SOLVING**

**(7 hours)**

Listening exercises and role plays, Peer-to-peer feedback sessions, Reflective listening practice, brainstorming techniques, Creative problem-solving and group problem-solving activities.

##### **MODULE 4 DECISION MAKING AND GOAL SETTING**

**(7 hours)**

Evaluating options and consequences, Decision-making models/simulations, Ethical decision making. SMART goals, Prioritization and time management strategies, Action planning.

## **MODULE 5 CAREER DECISION MAKING**

**(7 hours)**

Self-assessment for career exploration, researching career paths, setting career goals. Resume writing and interview skills, networking and job search strategies and professional development opportunities.

### **REFERENCE**

*Handbook of activities on life skills* (2018). American India Foundation

Johnson, M. B. (2015). *Mastering Life Skills: A Comprehensive Guide* [E-book version]. Academic Press.

Nelson- Jones, R. (2007). *Life Counselling Skills*. New Delhi: Sage Publishers.

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