

## Semester Lecture Plan

**Name of the college:** Government College of Arts, Science & Commerce, Sanquelim, Goa-India

**Name of Faculty:** Delia Cardozo

**Subject:** Geology

**Paper code:** VAC 116 Life Skills

**Program/Course:** FYBSc

**Division:**

**Academic year:** 2024- 2025

**Semester:** II

**Total Lectures:** 30

### Course Objectives:

1. To introduce the students to life skills
2. To understand the connection between emotional, social and thinking skills
3. To train the students in conducting life skills workshop with various stakeholders
4. To develop critical and creative thinking skills

### Course Learning Outcome:

1. Recognize the major relief features of the earth based on their characteristics. CL2
2. Identify the landforms. CL3

| Month    | Lectures From: | Lectures To: | No. of lectures allotted | Topic, Subtopic to be covered | Exercise/ Assignment                          | ICT Tools                                    | Reference books   |
|----------|----------------|--------------|--------------------------|-------------------------------|---|--|---|
| December | 9/12/2025      | 14/12/2024   | 02                       | Introduction to Life Skills   | Group discussion and portrayal of life skills | Smartboard, PPT, Videos, Quiz, Flipped Class | 1. Teacher's manual on Life Skills for classes – IXX [Manual], Central Board of |
|          | 16/12/2025     | 23/12/2024   | 02                       | The concept of Life Skills    |   |  |   |

|                 |                   |                   |           |  |  |
|-----------------|-------------------|-------------------|-----------|--|--|
|                 |                   |                   |           | <b>Benefits and applications</b>   |  |
| <b>January</b>  | <b>02/01/2025</b> | <b>04/01/2025</b> | <b>02</b> | <b>Matching life skills with one's behavior</b>  | <b>Activity: Auction of Life Skills</b>  |
|                 | <b>06/01/2025</b> | <b>11/01/2025</b> | <b>02</b> | <b>Components of Life Skills (Social-Thinking-Emotional)</b><br><b>Understanding oneself in the world around</b> |  |
|                 | <b>13/01/2025</b> | <b>18/01/2025</b> | <b>02</b> | <b>Discovering and Understanding the Inner-Self: Self Awareness</b>  | <b>Activity: Journaling; Meditation; Seeking Feedback</b>                                |
|                 | <b>20/01/2025</b> | <b>25/01/2025</b> | <b>02</b> | <b>Self Awareness</b><br><b>Exploring One's Self Identity</b>  | <b>ISA I: Assignment - Applying Life skills in one's life</b><br><b>Personality test</b> |
|                 | <b>27/01/2025</b> | <b>01/02/2025</b> | <b>02</b> | <b>Staying in tune with Self</b><br><b>Self Esteem.</b>  |  |
| <b>February</b> | <b>03/02/2025</b> | <b>08/02/2025</b> | <b>02</b> | <b>Identifying common emotions.</b>  |  |
|                 | <b>10/02/2025</b> | <b>15/02/2025</b> | <b>02</b> | <b>Managing one's emotions/ feelings</b>   |  |

**Secondary Education (2010).Delhi**

**2. Critical thinking skills: Developing effective analysis and argument. Cottrell, S. (2005). New York: Palgrave Macmillan Ltd.**

**3. Psychology for living-adjustment, growth and behaviour today, Karen, D. G., & Eastwood A. (2008). (8thEdn.), New Delhi: Pearson Education Inc.**

|       |            |            |    |   |                                |
|-------|------------|------------|----|---|--------------------------------|
|       | 17/02/2025 | 22/02/2025 | 02 | Interpersonal Relationships<br>ISA II   |                                |
|       | 24/02/2025 | 01/03/2025 | 02 | Web of Relationships, Family and Friendships<br>Healthy Relationships                           |                                |
| March | 03/03/2025 | 08/03/2025 | 02 | Resistance to Peer Pressure<br>Transactions with people around us (Negotiation), Assertiveness. | Group discussion and role-play |
|       | 10/03/2025 | 15/03/2025 | 01 | Effective Communication   |                                |
|       | 17/03/2025 | 22/03/2025 | 02 | Verbal and Non-Verbal communication   |                                |
|       | 24/03/2025 | 29/03/2025 | 02 | (body language) Talking, Hearing vs Listening<br>Clarity and Optimal communication.             |                                |
| April | 31/03/2025 | 05/04/2025 | 02 | Stress Management   | Invited lecture series (02)    |
|       | 07/04/2025 | 11/04/2025 | 02 | Empathy- Understanding of other people's circumstances, Extending support to others.            |                                |

**4. Developing thinking; developing learning - A guide to thinking skills in education. McGregor, D. (2007). New York, USA: Open University Press.**

**\* Assessment Rubrics**

| Component         | Max Marks |
|-------------------|-----------|
| ISA 1             | 5         |
| ISA 2             | 5         |
| Practical         | --        |
| Project           | --        |
| Semester End Exam | 40        |