

Lecture Plan

Name of the college: Government College of Arts, Science and Commerce, Sanquelim- Goa

Name of Faculty:Diksha Karapurkar

Subject: Value Added Course (VAC)

Paper code: VAC 116: Life Skills

Program: F.Y.B.A./ F. Y. B. Com.

Division: - F.Y.B.A. (B) / F. Y. B. Com. (A/B)

Academic year: 2025 - 2026

Semester: I

Total Lectures: 15

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 Outcomes: After the completion of the course, the students will be able to:

1. Students will be introduced to important Life Skills: Emotional, Social, Critical thinking, and Creative thinking.
2. Students will understand the connection between emotional, social and thinking skills.
3. Students will be able to understand the use of these skills and be able to use them in their own personal lives as well as in the helping profession.
4. Students will develop their critical and creative thinking skills.

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
December 2025	01-12-2025	06-12-2025	1	Introduction to syllabus and exam patterns	Lectures/power point presentation/assignments/ games/ films and discussion/ group readings and	Audio Visuals, Presentations, Brainstorming	1. Central Board of Secondary Education (2010). Teacher's manual on Life Skills for classes – IX [Manual], Delhi 2. Cottrell, S. (2005). Critical thinking skills: Developing effective analysis and
	08-12-2025	13-12-2025	1	Interpersonal Relationships- Web of Relationships			

	15-12-2025	20-12-2025	1	Interpersonal Relationships-Family and Friendships, Healthy Relationships	discussions/ presentations/		argument. New York: Palgrave Macmillan Ltd. 3. Karen, D. G., & Eastwood A. (2008). (8thEdn.), Psychology for living- adjustment, growth and behaviour today, New Delhi: Pearson Education Inc. 4. McGregor, D. (2007). Developing thinking; developing learning - A guide to thinking skills in education. New York, USA: Open University Press.
	22-12-2025	23-12-2025	0				
January 2026	02-01-2025	03-01-2026	1	Interpersonal Relationships-Resistance to Peer Pressure, Transactions with people around us (Negotiation), Assertiveness.			
	05-01-2026	10-01-2026	1	Effective Communication- Verbal and Non-Verbal communication (body language)			
	12-01-2026	17-01-2026	1	<i>Intra Semester Assessment I (Assignment)</i>			
	19-01-2026	24-01-2026	1	Effective Communication- Talking, Hearing vs Listening			
	26-01-2026	31-01-2026	1	Effective Communication- Clarity and Optimal communication.			
February 2026	02-02-2026	07-02-2026	1	Empathy- Understanding of other people's circumstances, Extending support to others. (1)			
	09-02-2026	14-02-2026	1	<i>Intra Semester Assessment II (Written)</i>			

	16-02-2026	21-02-2026	1	Empathy- Understanding of other people's circumstances, Extending support to others. (2)			
	23-02-2026	28-02-2026	1	Coping with Stress- Sources of stress			
March 2026	02-03-2026	07-03-2026	1	Coping with Stress-Coping Strategies.			
	09-03-2026	14-03-2026	1	Class Activities (1)			
	16-03-2026	21-03-2026	1	Class Activities (2)			
	23-03-2026	28-03-2026	1	<i>Revision and Recalling</i>			
	30-03-2026	31-04-2026	1	<i>Revision and Recalling</i>			
	Total Lectures		17				

* Assessment Rubrics

Component	Max Marks
ISA 1	05
ISA 2	05