

Semester Lecture Plan

Name of the college: Government College of Arts, Science & Commerce, Sanquelim-Goa												
Name of Faculty: Ms. Shruti Naik			Subject: Political Science									
Paper code: VAC 116		Program/Course: Life Skills			Division: FYBsc							
Academic year: 2025 – 2026			Semester:I			Total Lectures: 15						
<p>Course Objectives:</p> <ol style="list-style-type: none"> 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 												
<p>Course Learning Outcome:</p> <p>After the completion of the course, the students will be able to:</p> <ol style="list-style-type: none"> 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	Lectures From: To:		No. of lectures allotted	Topic, Subtopic to be covered	Exercise/Assignme nt	ICT Tools	Reference books					

MONTH	LECTURE		No. of lectures allotted	Topic, Subtopic to be covered	Exercise/Assignment	ICT Tools	Reference books
	FROM	TO					
			- NIL -	- NIL -	- NIL -	- NIL -	- NIL -
December	01/12/2025	06/12/2025	1	Introduction to the syllabus			
	07/07/2025	13/12/2025	1	Need and Importance of Life Skills Education	Short note: "Why Life Skills are important for students"	PowerPoint presentation	Nair A.R., Life Skills for Success
	15/12/2025	20/12/2025	1	Need and Importance of Life Skills Education	Group discussion on real-life situations	PowerPoint presentation	WHO, Life Skills Education
	22/12/2025	24/12/2025	0				
JANUARY	02/01/2026	03/01/2026	1	Introduction to the Concept of Life Skills	Brainstorming session	PowerPoint presentation	Vranda M.N., Life Skills Education
	05/01/2026	10/01/2026	1	Introduction to the Concept of Life Skills	Case study discussion	PowerPoint presentation	Nair A.R., Life Skills for Success

	12/01/2026	17/01/2026	1	Benefits and application of Life Skills.	Class discussion and examples	Discussion	WHO, Skills for Life
	19/01/2026	24/01/2026	1	Benefits and application of Life Skills.	Assignment: Application of life skills in daily life	PowerPoint presentation	Vranda M.N., Life Skills Education
	26/01/2026	31/01/2026	1	Matching Life Skills with one's behaviour.	Self-assessment worksheet	PowerPoint presentation	Nair A.R., Life Skills for Success
FEBRUARY	02/02/2026	07/02/2026	1	Matching Life Skills with one's behaviour.	Role play	PowerPoint presentation	WHO, Life Skills Education
	09/02/2026	14/02/2026	1	Components of Life Skills (Social-Thinking-Emotional)	Group activity	PowerPoint presentation	Vranda M.N., Life Skills Education
	16/02/2026	21/02/2026	1	Components of Life Skills (Social-Thinking-Emotional)	Chart preparation	PowerPoint presentation	Nair A.R., Life Skills for Success
	23/02/2026	28/02/2026	1	Understanding oneself in the world around:	Reflective writing	PowerPoint presentation	WHO, Life Skills Education

MARCH	02/03/2026	07/03/2026	1	Discovering and Understanding the Inner-Self,	Self-reflection exercise	PowerPoint presentation	Vranda M.N., Life Skills Education
	09/03/2026	14/03/2026	1	Exploring One's Self Identity, Staying in tune with Self, Self Esteem.	Worksheet on self-esteem	PowerPoint presentation	Nair A.R., Life Skills for Success
	16/03/2026	21/03/2026	1	Managing one's emotions/ feelings- Identifying common emotions.	Emotion-identification activity	PowerPoint presentation	WHO, Life Skills Education
	23/03/2026	28/03/2026	1	Managing one's emotions/ feelings- Identifying common emotions.	Case study analysis	PowerPoint presentation	Vranda M.N., Life Skills Education
	30/03/2026	31/03/2026	0				

*** Assessment Rubrics**

Component	Max Marks
ISA 1	05
ISA 2	05
Practical	
Project	
Semester End Exam	40