

## Semester Lecture Plan

<b>Name of the college: Government College of Arts, Science &amp; Commerce, Sanquelim-Goa</b>							
<b>Name of Faculty: Ms. Shruti Naik</b>				<b>Subject: Political Science</b>			
<b>Paper code: VAC 116</b>			<b>Program/Course: Life Skills</b>			<b>Division: FYBsc</b>	
<b>Academic year: 2025 – 2026</b>			<b>Semester:I</b>			<b>Total Lectures: 15</b>	
<b>Course Objectives:</b> <ol style="list-style-type: none"> <li>1. To introduce the students to life skills</li> <li>2. To understand the connection between emotional, social and thinking skills</li> <li>3. To train the students in conducting life skills workshop with various stakeholders</li> <li>4. To develop critical and creative thinking skills</li> </ol>							
<b>Course Learning Outcome:</b> <b>After the completion of the course, the students will be able to:</b> <ol style="list-style-type: none"> <li>1. Students will be introduced to important Life Skills: Emotional, Social, Critical thinking, and Creative thinking.</li> <li>2. Students will understand the connection between emotional, social and thinking skills.</li> <li>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.</li> <li>4. 4. Students will develop their critical and creative thinking skills.</li> </ol>							
Month	Lectures From:                      To:		No. of lectures allotted	Topic, Subtopic to be covered	Exercise/Assignme nt	ICT Tools	Reference books

MONTH	LECTURE		No. of lectur es allott ed	Topic, Subtopic to be covered	Exercise/Assign ment	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 presentatio n	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 presentatio n	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 presentatio n	Vranda M.N., Life Skills Education
	05/01/2026	10/01/2026	1	Introduction to the Concept of Life Skills	Case study discussion	PowerPoint presentatio n	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