

Semester Lecture Plan

Name of the college: Government College of Arts, Science & Commerce, Sanquelim Goa							
Name of Faculty: Mr. Stephen Fernandes			Subject: VAC: Life Skills				
Paper code: VAC116			Program/Course: FYBSc			Division: A	
Academic year: 2025- 2026			Semester: II			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							
Expected Outcomes: 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	Exercises/ Assignment	ICT Tools	Reference books
December	01/12/2024	06/12/2024	01	Interpersonal Relationships- Web of Relationships	List out various interpersonal skills	Power point presentation, White Board	
December	08/12/2024	13/12/2024	01	Family and Friendships, Healthy Relationships	Mention ways to maintain healthy relationship	Power point presentation, White Board	

December	22/12/2025	23/12/2025	01	Resistance to Peer Pressure	Discuss way to tackle society and peer pressure	Power point presentation, White Board Youtube Videos	1. Central Board of Secondary Education (2010). Teacher's manual on Life Skills for classes – IXX [Manual], Delhi 2. Cottrell, S. (2005). Critical thinking skills: Developing effective analysis and 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.
January	05/01/2026	10/01/2026	01	Transactions with people around us (Negotiation), Assertiveness	Discuss way to tackle society and peer pressure	Power point presentation, White Board	
January	12/01/2025	17/01/2025	01	Effective Communication- Verbal Communication	Differentiate between verbal and non-verbal communication	Power point presentation, White Board	
January	19/01/2026	23/01/2026	01	Non-Verbal communication (body language) Talking	Differentiate between verbal and non-verbal communication	Power point presentation, White Board	
February	02/02/2026	07/02/2026	01	Hearing vs Listening	Describe the importance of listening in optimal communication	Power point presentation, White Board	
February	09/02/2026	14/02/2026	01	Clarity and Optimal communication	Describe the importance of listening in optimal communication	Power point presentation, White Board	
February	16/02/2026	21/02/2026	01	Empathy-	Explain empathy with examples	Power point presentation, White Board	
February	23/02/2026	28/02/2026	01	Understanding of other people 's circumstances	Explain empathy with examples	Power point presentation, White Board	

February	02/03/2026	07/03/2026	01	Extending support to others	How we can help the person who is suffering from depression?	Power point presentation, White Board
March	09/03/2026	14/03/2026	01	Coping with Stress	How stress and health is related?	Power point presentation, White Board
March	16/03/2026	21/03/2026	01	Sources of stress	What are the sources of stress and how to overcome it?	Power point presentation, White Board
March	23/03/2026	28/03/2026	01	Coping Strategies	What are the sources of stress and how to overcome it?	Power point presentation, White Board
April	30/03/2026	04/04/2026	01	Coping Strategies	What are the sources of stress and how to overcome it?	Power point presentation, White Board
April	06/04/2026	10/04/2025	01	Revision		