

Course Code	Course Name	Credits
26ED953	LIFE SKILLS FOR PERSONAL GROWTH	02

### Course Objectives

The course aims to,

- ✓ Develop foundational understanding of life skills and personality concepts essential for personal growth.
- ✓ Enhance self-awareness and emotional regulation skills for better self-management.
- ✓ Build effective communication and professional presentation abilities for interpersonal success.
- ✓ Strengthen problem-solving and stress coping mechanisms for daily challenges.
- ✓ Prepare workplace readiness through teamwork, motivation, and job satisfaction skill

### Learning Outcomes

After the completion of the course, the Learner will be able to,

- ❖ Explain life skills concepts and distinguish between life skills education vs training approaches.
- ❖ Identify personal strengths/weaknesses and set SMART goals for self-improvement.
- ❖ Apply emotional intelligence techniques to manage stress and build resilience effectively.
- ❖ Demonstrate professional communication including active listening, digital etiquette, and grooming standards.
- ❖ Practice employability skills through critical thinking, teamwork, and maintaining work motivation.

#### Unit 1 - Life Skills & Personality Foundations (06 hours)

Life Skills: Concept, definition, and types (problem-specific, area-specific) - Life Skills Education vs. Training: Key differences and approaches - Personality: Definitions, importance, and characteristics - Personality Development: Determinants and major traits

#### Unit 2 – Self-Awareness & Personal Identity (06 hours)

Self-Awareness: Meaning, components, and significance - Self-Discovery: Identifying strengths, weaknesses, values, beliefs - Self-Esteem: Building confidence and positive self-image - Goal Setting: SMART goals framework and application

#### Unit 3 - Emotional Intelligence & Stress Management (06 hours)

Emotional Awareness: Recognizing basic emotions and triggers - Emotional Regulation: Techniques for emotion management - Stress Management: Causes, symptoms, and coping strategies - Resilience: Developing adaptability and positive mindset

#### Unit 4 – Communication & Professional Presence (06 hours)

Communication Skills: Verbal and non-verbal communication - Active Listening: Techniques for effective understanding - Digital Etiquette: Online behaviour and professional networking - Personal Grooming: Professional appearance and etiquette

#### Unit 5 - Employability & Workplace Success (06 hours)

Core Employability Skills: Critical thinking and problem-solving - Teamwork: Effective collaboration and group dynamics - Motivation: Understanding and maintaining work motivation - Job Satisfaction: Engagement and career fulfillment factors

### Reference Books:

1. Life Skills Education Handbook – UNICEF/WHO (2018 Edition)
2. Emotional Intelligence: Why It Can Matter More Than IQ – Daniel Goleman (1995 Edition)
3. How to Win Friends and Influence People – Dale Carnegie (1936 Edition)
4. Skills of Personality Development – Murari Singh (Latest Edition)
5. The 7 Habits of Highly Effective People – Stephen R. Covey (1989 Edition)

### Alignment with NEP – 2020

The course **Life Skills for Personal Growth (26ED953)** course aligns with the National Education Policy 2020's vision for holistic, multidisciplinary, and skill-based education that builds resilient, employable individuals through experiential and value-driven learning.

1. Fosters holistic and multidisciplinary competence.
2. Builds practical skill-based competencies for real-world use.
3. Enhances employability and entrepreneurial mindset.
4. Promotes emotional resilience and mental well-being.
5. Encourages learner-centered experiential learning.
6. Instills ethical values and professional integrity.
7. Strengthens critical thinking and problem-solving.
8. Supports inclusivity and lifelong personal growth.

**COs and Bloom's Taxonomy Level (BTL) Mapping for 26ED953**

Course Outcomes	On successful completing of the course, the students will be able to	BTL
CO1	Explain core concepts of life skills and personality, distinguishing between life skills education and training approaches.	K1,K2
CO2	Demonstrate self-awareness by identifying personal strengths, weaknesses, values, and setting SMART goals for growth.	K2,K3
CO3	Apply emotional intelligence techniques to regulate emotions, manage stress, and develop resilience in challenging situations.	K3,K4,K5
CO4	Practice effective communication using verbal/non-verbal skills, active listening, digital etiquette, and professional grooming standards.	K3
CO5	Utilize employability skills including critical thinking, teamwork, motivation, and strategies for job satisfaction and workplace success	K3,K4,K5

**Bloom's Taxonomy Level (BTL):-** K1 and K2 – remembering and understanding, K3 - Applying, K4 – Analyse, K5 - Evaluate and K6- Create

**Relationship Matrix**

Course Outcomes	Programme Outcomes (POs)								Programme Specific Outcomes (PSOs)							Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	
CO1	3	2	1	1	1	1	1	1	3	2	1	1	1	2	1	1.5
CO2	2	3	3	2	1	2	2	2	2	3	3	2	2	3	2	2.3
CO3	2	3	3	3	2	2	2	2	2	3	3	3	2	2	2	2.4
CO4	1	2	2	2	3	1	3	1	1	2	2	2	3	3	2	2.0
CO5	3	3	3	2	3	2	2	3	3	3	3	2	3	2	3	2.7
<b>Total</b>															<b>2.2</b>	

Mean Score: 3- High, 2- Medium/Moderate, 1-Low