



ESTD: 1880

St Aloysius (Deemed to be University)

DEPARTMENT OF POST GRADUATE
STUDIES AND RESEARCH IN
SOCIAL WORK

Online Certificate Programme on Essential Life Skills Education



For registration and enquiry contact course coordinator

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<http://sac.elearning.com>

**A Certificate Course on
Essential Life Skill Education
Offered by
Department of Post Graduation in Studies and Research in Social Work**

Course Name: Essential Life Skill Education

Course Duration: 30 hours (5 weeks)

Course Type: CC

Course Coordinator

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Course overview

Essential Life skill education is a unique and effective programme which enables individuals to adopt and deal with demands and challenges of life. Learning life skills will be an essential tool for survival and capacity development to enhance quality of life. To deal with issues an individual should incorporate strategies that require higher-level thinking skills such as inference, prediction, analysis and critical thinking. With the use of critical thinking strategies, which helps to develop skills such as reasoning, questioning and investigating, observing and describing, comparing and connecting, finding complexity, and exploring viewpoints and

moreover Problem solving is an important element of all content areas. Such theoretical orientation helps them to explore their beliefs and attitudes.

This certificate course aims at preparing a cadre of youth with self worth, power and competence in all walks of life. This course is designed for imparting skill-based education and practical experience which enables them to become more assertive, communicate effectively with others by developing good listening skills and learn to handle stress, deal with disappointments and setbacks and address issues. Life Skills, Personality Development, Leadership, Training and Training Methodologies, are some of the areas offered as part of the Programme. Life Skills Education brings in capacity to the learners to face the challenges of the new millennium, ruled by globalization and market forces.

This course includes offline/online classes, practical skill training/project

Eligibility Criteria: Candidates who have completed graduation/post graduation and currently perusing can apply

Course Instructors: Dr Roshan Monteiro and Dr Prithwi

Course Syllabus:

Unit 1: Introduction to life skills Education and Understanding self

Unit 2: Thinking and Communication Skills

Unit 3: Assertive and Decision Making Skills

Unit 4: Problem Solving and Management Skills

Unit 5: Practical Exposure/project