

BHARATHIAR UNIVERSITY: COIMBATORE 641046
CERTIFICATE IN LIFE SKILLS
(For the CCII students admitted from the academic year 2016-17 onwards)

SCHEME OF EXAMINATION

| PAPER | TOTAL MARKS | DURATION |
|---|--------------------|-----------------|
| PAPER – I THEORY EXAMINATION (50 – Objective type of questions only, 50*2=100) | 100 | 2 HOURS |
| PAPER – II PRACTICAL EXAMINATION | 100 | 2 HOURS |
| PAPER – I PROJECT ACTIVITY (One – project submission only) | 100 | - |
| TOTAL | 300 | - |

Applicable to Students in Class 5 and above

PAPER I

UNIT 1 :

An Introduction to Life Skills : What are Life Skills? - Who needs Life Skills? - Life Skills Development - Importance of Life Skills - Knowing Myself - Think Different! - Always asking Why? - My Goals - Speak Good, Speak Positive - Special Relationship - Friendship

UNIT 2 :

Self Awareness : I am Unique! - Strengths and Weaknesses - Understanding My Innerself - Self-Esteem - Wishes and Goals - Enhance Self-Esteem by Giving and Receiving Compliments - Role of Self-Esteem - Overcoming Low Self-Esteem - Building Positive Self-Esteem.

UNIT 3 :

Critical Thinking : Backward or Forward? - Because... - Odd one Out - Debate - Time Capsule - My Smartness Quotient - Fact or Fiction? - Decision Time - Creative Thinking.

UNIT 4 :

Effective communication - Group Conversations - Verbal and Non-Verbal Communication - Interpersonal relationships - Interacting with Peers - My Special Greeting Card - Managing Emotions.

UNIT 5 :

Coping with stress - Managing Stress - Breathing Exercise - Handling Anger - Empathy - Decision Making - Problem Solving - Self Assessment.

PAPER II – Practical

UNIT 1

Personality Development

UNIT 2

About Optimist Thinking

UNIT 3

About Time Management

UNIT 4

Mode of Effective Communication

UNIT 5

Decision Making Techniques

Paper III - Project

Project Questions:

1. Case Study on Ability to Deal with and Solve Daily Problems.
2. Case Study on Coping with Stress & Emotions.