

" Value of life skills "

Certificate Course

Organised by the Dept of Physics

30 hours Course

2020 - 21

Module's

Topic

- 1 Introduction
- 2 What are life skills?
- 3 Self awareness
- 4 Empathy
- 5 Effective Communication.
- 6 Inter Personal Relationships.
- 7 Critical thinking
- 8 Creative thinking
- 9 Problem Solving
- 10 Decision Making
- 11 Coping with Emotions
- 12 Coping with Stress
- 13 Important FAQ's
- 14 Matrix of life skills in a classroom.
- 15 life skills - Commandments to Remember.

Examples of situation - specific skills. ?

Full form of IEP. ?

Define empathy. ?

What are the skills for managing stress ?

Which organization promotes life - skills school based programmes ?

Examples of - Applied life skills ?

Define life skills.

What are the skills for increasing internal focus of controls ?

What are the Interpersonal communication skills ?

What is the full form LGBT ? What is it's refer ?

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15

What are the skills? write How many types of skills?

How was skills gained?

Difference b/w vocational skills and sports skills?

How are life skills help?

How are life skills learned?

Why do we need life skills?

What are the four critical life skills?

Which four life skills want teach us in school?

What are the categories of life skills?

How chart of skill Development process?

What is self-awareness?

What are the three different layers to represent the depth of one's self-awareness?

Give an example to understand self-awareness better?

List some dimensions of self-awareness.

Describe about self-confidence?

List some self-awareness questions to understand self-awareness.

Describe about SWOT Analysis?

What is positive attitude? and what is negative attitude?

What is "character" defines?

List few words about self-control?

physics

Name:- A. mamatha.

Module-4

BSc (mpcs) 1st year

What is mean by power of the Empathy?

Difference b/w Empathy and sympathy?

Give example for understanding Empathy?

What are the components of Empathy?

What are the basics of Empathy?

What are the concept of Empathy?

What is mean by Sympathy?

What are the examples of Sympathy?

What are the examples of Empathy?

What do you understand by the sympathy & Empathy?

MODULE - 5

EFFECTIVE COMMUNICATION.

- What is Effective Communication?
- Why do we communicate?
- What are components in Effective Communication involves?
- What are the three different communication styles?
- What are the characteristics of Aggressive style?
- What are the characteristics of Passive style?
- What are the characteristics of Assertive style?
- What are the differences between the Assertive and Aggregative communication styles?
- What are the key elements of communication?
- What are the five W's to be remembered while communicating?
What are they?
- Does Tactfully communication is the good way of communication? And derive the Tactfully Abbreviation?
- What is Non-Verbal communication?
- What are the Barriers of communication and list them?
- State the best style of communication and why not in other style?

Name:- P. Supriya

Group:- B.Sc (MPCS) - IIIrd year.

Physics

Module - 06

What is meant by Good relationship? and based on what?

What were the qualities that make a relationship healthy?

What are the bases of Interpersonal relationships. and
and of Interpersonal relationship?

What are the categories of Group strength?

Describe it about the Trust?

Some factors which contribute for Healthy Relation-

Give an example to understand "INTERPERSONAL
RELATIONSHIPS killer".

What is the activity for understanding and developing
INTERPERSONAL RELATIONSHIPS?.

What is the Role-play.

What are the Scene and Discussion?

Problem - solving

Er. Naglaxmi

B.Sc (mpes) - 1st year

Questions ÷

What is the characteristics of problem solvers?

What is the habits of problem solvers?

How many types of problem?

How many steps of problem-solving?

What is the preparation phase in problem solving step?

Explaining the process of problem-solving in flow chart?

How to solving the problems?

What is the basic of problem-solving?

How to behave the problem solver's?

Activities for understanding problem-solving

better (or) not?

What is the meaning of critical thinking? and
example?

What are the activities for understanding
CRITICAL THINKING? better?

What are the steps in critical thinking?

What are the barriers to critical thinking?

What are the critical thinking skills which are
to follow in our daily life?

What is thinking? How it is useful in
human daily life?

How to develop critical thinking?

What is meant by egocentrism? explain it!

How critical thinking promotes creativity?

Explain the process of it?

Why is critical thinking crucial for self reflection?

Name - V. Divya ; Group - B.Sc - M.P.C.E ; Final Year

Write about creative thinking?

What is meant by creative thinking?

Characteristics of creative person?

What are the stages of creative thinking?

What attitude blocks the creativity?

Convergence of multiple components necessary

creativity by using diagram?

How to become a cultivated creative thinker?

Write an activity for fostering creativity?

Give an example for understanding "CREATIVE

THINKING" better?

What is the situation for understanding

"CREATIVE THINKING" better?

Answer the following questions:-

Write few principles of Goal Settings.

Write few basic steps for decision making.

Write about DECIDE Model & 3C's Model.

Write about Ripple Effects of Decision making.

Write few activities for Understanding Decision Making better.

Write few steps for setting Smart Goals.

What do you mean by Safe Decision Making?

How to practice Decision Making? Write few steps.

Write few types of Decision Making.

What are the Risk factors on Decisions.

Name :- A. Sathwika

Class :- 1st year B.Sc (MPCS)

Rollno :- 30

Module - 11

What are the characteristics of a creative person?

Draw a creativity flow chart?

What do we do to become a cultivated creative thinker?

What is the meaning of a creative thinker?

Give an example for understanding creative thinking better?

How many stages of creative thinking?

What blocks creativity?

What is creative thinking?

Can creative thought be outputted?

What is the situation for understanding creative thinking better?

Name: S. Vaishnavi

Class: BSc [5th year] [MPC]

12th Module.

How many types of stress?

How to find out physical stress?

How the thoughts during stress?

How stress affects to us?

How can we control stress?

Give an example, who suffered from stress?

What are the skills that are used for managing stress?

What are things to be done to control stress?

What happens if stress is overtime repeated?

What are the feelings during the stress?

Name :- M. Jhansi , Module : 13.

Class :- BSC 1st year (MPCS)

How are life skills important for growing minds?

Why is there a need for life skills Education?

Who needs life skills?

How are they imparted?

Tell something about peer educators approach?

What are the different methods that can be used to enhance life skills in students?

What are the key steps in life skills Application?

Define and promote life skills?

Write something about promoting skills Acquisition and Performance?

What are the bases need for Life skills Education?

R. Jaahnavi
B.Sc MPEs 1st yr
Sub: Physics.

Module - 14

- What is the meaning of emotion and feeling?
- Is there a difference between emotions and feelings?
- What are the positive emotions and avoidable emotions?
- What is the basic of coping with emotions?
- Give any two examples for consequences of the emotion?
- What are the managing emotions?
- How are emotions important in human lives?
- What is the importance of coping with emotions?
- Give an example for understanding coping with emotions?
- What are the ways of coping with emotions?

The following Questions :-

- What are the realities of life ?
- What are the beginning of life skills ?
- What are the scope of opportunity to do so of life skills ?
- What are the life skills in different situations ?
- What are the effectively diverse situation to cope with challenges of life ?
- What are the guilty of many errors and faults of the children ?
- Who wrote the "Tomorrow", His name is "Today", and when ?
- How to do abilities of life skills ?
- How it contributes to perception of self confidence and self esteem of life skills ?
- What are the life skills involves a dynamic situation, teaching process and methods ?

Effective Communication

What is Communication ?

Ans:

Communication is sharing of ideas, Opinions, feelings and understandings.

Communication is a basic skill and forms the foundation of all relationship.

Why do we Communicate ?

Ans:

1) Have interaction and association.

2) Make someone understand our feelings or thoughts or actions.

3) Control over a situation.

What does

Effective Communication involves ?

Ans:

1) Verbal Communication.

2) Non-verbal Communication.

3) Listening.

How many styles are there in Communication and what are they ?

Ans: There are three styles of Communication.

1) Aggressive.

2) passive

3) Assertive.

Give Some effective Communication ?

Ans:
→ A good listener.

→ Aware

→ Supportive

→ Persuasive

→ Fair and Open.

What is the Full Form of Tactfully ?

Ans:

- T - Think before you speak
- A - Assertive Communication
- C - Clarity of thought and Content
- T - Tone and pitch of voice
- F - Focus on interests, needs of the listener
- U - Uncovers hidden feelings
- L - Listen for feedback.

What are the Basis of Communication ?

Ans:

1) Linguistic Basis

→ Language / words

→ Ambiguous words

→ Lack of clarity

→ Using technical terms.

2) Psychological Basis.

→ Inferiority

→ Symbol of status

→ Hierarchy

→ Memory

simplest.

Environmental Perseis

Disturbance / Sound

Rate of ventilation

Quality of space

Time

Physical discomfort. " "

What are the key elements of Communication?

Learning is Communicating.

Questioning is Communicating.

Presence is Communicating.

Feedback is part of Communication.

Cultural differences affect Communication.

What are the Components of Communication?

Sender / Source

Message

Receiver

Channel

Feedback.

Role play to understand about effective

Communication?

1) Role play.

Scene

Neha's house : A friend of Neha's mother enters Neha's house.

Mrs. Malini : Neha, is your mother at home?

Neha : Aunty, mother has gone to village, will come in the evening.

Mrs. Malini : Tell your mother, 'tomorrow there is meeting'.



**INDIRA PRIYADARSHINI GOVT. DEGREE COLLEGE FOR WOMEN NAMPALLY,
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**ISO 9001: 2015 Certified College
Principal: Dr. D. Varalakshmi, M.A, M.Phil, Ph.D**

Date: 12/10/2022

Certificate Course in Value of Life Skills

This is to certify that **K.Sri poojitha** has Studied B.Sc(M.P.Cs)- Regular in this college and she has completed the course (2019-2022).She has completed certificate course in Value of Life Skills for 30 hours.

*P. Sudha
Asso. Prof of Physics*

[Handwritten Signature]
Principal

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