

# The Syllabus for Life Skills for Certificate and Diploma Courses

## OBJECTIVES

At the end of this module the student should be able to:

1. Develop an awareness of every day demands and challenges through critical thinking
2. Deal with health problems, fear and anxieties about growing up, sexuality and relationships
3. Enhance self-awareness and assertiveness in relationships with peer and adults
4. Develop an appreciation of females and males as equal partners in society
5. Make optimum use of time and available resources in order to improve the quality of life
6. Develop attitudes, values and skills that promote co-existence, positive, responsible and healthy life styles.
7. Develop an understanding of support and a sense of care and responsibility for disadvantaged group in the community.

Sub-module unit	Content	Time (Hrs.)
Introduction to life skills	.Definition of the term life skills .Categories .Benefits .Living values and our lives .Relationship between life skills and living values	2
Self-Awareness	.self-description .self-assessment .Challenges that hinder attainment of life goals .Strategies of overcoming challenges .Values associated with self-awareness skill	6
Self- Esteem	.Definition of self esteem .Signs of high self-esteem in an individual .Signs of low self-esteem .importance of high self-esteem	6

	<ul style="list-style-type: none"> <li>.Factors that enhances high and low-esteem</li> <li>.Effects of low self-esteem</li> <li>.Values associated with high self-esteem</li> <li>.ways of boosting self-esteem.</li> </ul>	
Stress Management	<ul style="list-style-type: none"> <li>.Definition of stress</li> <li>.Causes of stress</li> <li>.Effects of stress</li> <li>.Forms of positive stress</li> <li>.Values associated to positive stress management</li> </ul>	5
Coping with Emotions	<ul style="list-style-type: none"> <li>.Definition of emotions</li> <li>.Good and bad feelings</li> <li>.Causes of good and bad feelings</li> <li>.Meaning of emotional intelligence</li> <li>.Feelings which can lead to risky behavior</li> <li>.Ways of coping with negative emotions</li> <li>.Values associated with emotional intelligence</li> </ul>	6
Empathy	<ul style="list-style-type: none"> <li>. Definition of Empathy</li> <li>.Importance of Empathizing</li> <li>.Difference between Empathy and Sympathy</li> <li>.Situations requiring Empathy</li> <li>.Values associated with Empathy</li> </ul>	4
Assertiveness	<ul style="list-style-type: none"> <li>.Definition of assertiveness</li> <li>.Characteristics of an assertive person</li> <li>.Steps to being assertive</li> <li>.Importance of being assertiveness and aggressiveness</li> <li>.Difference between peer pressure and peer influence</li> <li>.Values associated with assertiveness</li> </ul>	6

Negotiation	<ul style="list-style-type: none"> <li>.Definition of negotiation</li> <li>.Importance of negotiation</li> <li>.Situation that require negotiation</li> <li>.Negotiating techniques</li> <li>.values associated with negotiations</li> </ul>	6
Non-Violent Resolution	<ul style="list-style-type: none"> <li>.Definition of conflict</li> <li>.Causes of Conflict</li> <li>.Consequences of conflict</li> <li>.Types of Conflict</li> <li>.Ways of dealing with conflict</li> <li>.Skills necessary for conflict management</li> <li>.Institutions that resolve conflict in community</li> <li>.Values related to conflict resolution</li> </ul>	4
Effective Decision Making	<ul style="list-style-type: none"> <li>.Situations that require decision making</li> <li>.Challenges facing youth in decision making</li> <li>.Factors influencing decision making</li> <li>.Steps to effective decision making</li> <li>.Consequences of not making effective decisions</li> <li>.Decisions making institutions within community</li> <li>.Values associated with effective decision making</li> </ul>	6
Critical Thinking	<ul style="list-style-type: none"> <li>.Meaning of critical thinking</li> <li>.Risky situations</li> <li>.Evaluating ideas or issues objectively</li> <li>.Consequences of Making decisions before thinking critically</li> <li>.Values associated with critical thinking</li> </ul>	4
Creative Thinking	<ul style="list-style-type: none"> <li>.Definition of creative thinking</li> <li>.Situation that require creative thinking</li> </ul>	4

	<ul style="list-style-type: none"> <li>.importance of being creative</li> <li>.Consequences of not being creative</li> <li>.Values associated with creative thinking</li> </ul>	
Problem Solving	<ul style="list-style-type: none"> <li>.Problem areas requiring solutions</li> <li>.Causes of Problems</li> <li>.Methods of solving problems</li> <li>.Problem solving Process</li> <li>.Values necessary for solving problem</li> </ul>	4
Leisure	<ul style="list-style-type: none"> <li>.Definition of leisure</li> <li>.Effects of misusing leisure time</li> <li>.Activities for positive leisure</li> <li>.life skills necessary for positive use of leisure time</li> <li>.Values associated with leisure</li> </ul>	6
Time Management	<ul style="list-style-type: none"> <li>.Definition of time management</li> <li>.Work schedule</li> <li>.Time management chart</li> <li>.Importance of managing time</li> <li>.Time wasters</li> <li>.Values and associated life skills</li> </ul>	6
Gender Education	<ul style="list-style-type: none"> <li>. Definition of gender</li> <li>.Agents perpetuating gender discrimination</li> <li>.Gender stereotyping</li> <li>.Effects of gender on an individual</li> <li>.Strategies to eliminate gender discrimination</li> <li>.Values associated with gender parity</li> </ul>	6
Drug and Substance Abuse	<ul style="list-style-type: none"> <li>.Definition of terms</li> <li>.Commonly abused drugs</li> <li>.Causes of drug and substance abuse</li> </ul>	6

	<ul style="list-style-type: none"> <li>.Signs and Symptoms of drug and substance abuse</li> <li>.Effects of drugs and substance abuse</li> <li>.Relationship between drug abuse and HIV and AIDS</li> <li>.Management of drug and substance abuse</li> <li>.Measure to prevent drug and substance abuse</li> <li>.life skills and values necessary to prevent drug substance abuse</li> </ul>	
HIV and AIDS	<ul style="list-style-type: none"> <li>.Definition of terms</li> <li>.Ways in which HIV is transmitted</li> <li>.Signs and Symptoms of AIDS</li> <li>.Catalysts of the spread of HIV and AIDS</li> <li>.Ways of preventing spread of HIV and AIDS</li> <li>.Intervention s for HIV and AIDS</li> <li>.Care and support of the infected and affected</li> <li>.Factors that facilitate the spread of HIV and AIDS</li> </ul>	6
Child Labour	<ul style="list-style-type: none"> <li>.Definition of terms</li> <li>.Difference between child labour and work</li> <li>.Forms of Child Labour</li> <li>.Factors of leading to child Labour</li> <li>.Community Level of awareness on child Labour</li> <li>.Possible interventions to child labour</li> <li>.Appropriate Life skills</li> </ul>	4
Child Rights	<ul style="list-style-type: none"> <li>.Definition of terms</li> <li>.Types of human needs</li> <li>.UN Conventions on the Rights of the child</li> <li>.Categories of child Rights</li> <li>.Importance of child Rights and child protection</li> </ul>	3

	.responsibilities to child Rights .Principles off child Rights .Life skills and values	
Relationships	.Types of relationships .Developing healthy Relationships .Factors that influence healthy relationships .Maintaining healthy relationships .Influence of relationships on behavior .Values associated with relationships .Life skills and relationships	2
TOTAL		100

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