



TAMIL NADU TEACHERS EDUCATION UNIVERSITY

Karapakkam, Chennai 600 097

Course name: Life Skills (Value added Course)

Course Director: Dr.V.Sharmila

Course Duration: 30 hours -2018-19

About the Course:

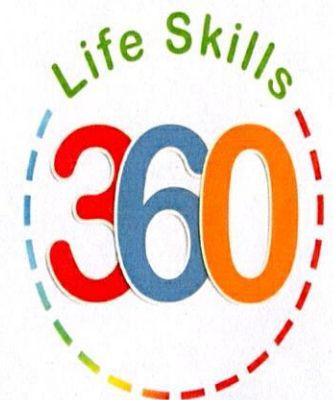
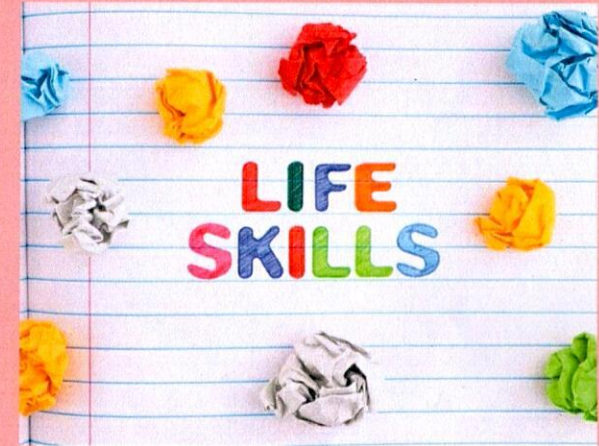
Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. This concept is also termed as psychosocial competency.

Outcome of the Course:

- ◆ To develop Thinking skill
- ◆ To develop self awareness and empathy
- ◆ To develop an understanding of the theoretical foundations of the life skills

Curriculum of the course

1. Concept of life skills
2. Theoretical foundations of life skills
3. Skills of self management and empathy
4. Thinking Skills
5. Methods of life skills and Evaluation



REGISTRAR i/c

TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097



VICE-CHANCELLOR

TAMILNADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097.