

## **UPSYVAC03 - Introduction to Life Skills**

### **Unit I Introduction**

Definition and Importance of Life Skills- Livelihood Skills, Survival Skills and Life Skills- Life Skills Education, Life Skills Approach, Life Skills Based Education - Life Skills Training - Implementation Models.

### **Unit II Evolution of the Concept of Life Skills**

Genesis of the Concept - UN Inter-Agency Meeting - Hamburg Declaration - Quality Education and Life Skills: Dakar Framework - Life Skills Education in the Indian Context

### **Unit III Learning**

Learning and Performance, Learning and Cognitive Development, Learning and Maturation - Adult Learning - Approaches to Learning: Behaviouristic and Cognitive Approaches - Theory of Social Learning: Albert Bandura - Bloom's Taxonomy of Learning Outcomes - Rogers Situated Learning

### **Unit IV Pillars of Education and Life Skills**

The Four Pillars of Education - Learning to Know - Learning to Do - Learning to Live Together - Learning to Be Learning Throughout Life.

### **Unit V Practicum**

Analyze the Life Skills Approach in School Curriculum.

### **References:**

Dakar Framework for Action, (2000). Education for All: Meeting our Collective Commitments, Dakar, Senegal.

Life Skills Resource Manual, Schools Total Health Program, (2006). Health Education and Promotion International Inc., Chennai.