



Bachelor Of Science  
 B.Sc. Semester - 4

Course Code	US04VABSC03	Title of the Course	Life Skills and Self Enhancement
Total Credits of the Course	2	Hours per Week	2

Course Objectives:	Objective: The objective of this course is to impart basic knowledge of critical and creative thinking, decision making and problem solving, communication skills, time management, career counselling, interview skills develop in students.
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Course Content		
Unit	Description	Weightage* (%)
1.	<b>CRITICAL AND CREATIVE THINKING</b> Critical Thinking, Creative Thinking, Characteristics of the Creative Person. <b>DECISION MAKING AND PROBLEM SOLVING</b> Decision Making, Problem Solving. <b>COMMUNICATION SKILLS</b> Understanding Basics of Communication, Different Ways of Communication, Components of Effective Communication, Common Barriers to Effective Communication, Listening Barriers, Barriers While Speaking, The Other Barriers Include, Reducing the Communication Gap.	50%
2.	<b>TIME MANAGEMENT</b> Essentials of time management, Principles of time management Change your mindset, How to change your mindset. <b>CAREER COUNSELLING</b> Career counsellor, Needs for career counselling. <b>INTERVIEW SKILLS</b> Curriculum Vitae, The Interview: Interview Skills, Before the Interview, Conducting Yourself during the Interview.	50%

Teaching-Learning Methodology	Direct Teaching through Chalk-Walk and Talk ICT enabled teaching Question-Answer Class discussion led by teacher/students Case Studies Literature review Problem solving activities Debate Collaborative and Co-operative Learning Think Pair Share Jigsaw Inquiry Based Learning Panel Discussion Project Based Learning Flipped Classroom Blended Learning designs
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## Evaluation Pattern

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1	Class Test (at least one)	15 (30%)	10 (40%)
2	Quiz (at least one)	15 (30%)	05 (20%)
3	Active Learning	05 (10%)	----
4	Home Assignment	05 (10%)	05 (20%)
5	Class Assignment	05 (10%)	----
6	Attendance	05 (10%)	05 (20%)
Total Internal (%)		50 (100%)	25 (100%)
University Examination (%)		50 (100%)	25 (100%)

Course Outcomes: Having completed this course, the learner will be able to

- (a) Develop the ability to think critically and creatively, enabling innovative approaches to challenges.
- (b) Gain the skills to make well-informed, timely, and impactful decisions in personal and professional contexts.
- (c) Build resilience and adaptability to tackle complex situations and implement practical solutions.
- (d) Overcome common barriers to communication, fostering mutual understanding and reducing gaps in interactions.
- (e) Develop interpersonal skills that enhance collaboration and teamwork through effective communication and decision-making.
- (f) Build confidence, emotional intelligence, and adaptability to excel in dynamic environments.
- (g) Develop the ability to prioritize tasks effectively and allocate time to meet deadlines.
- (h) Build confidence in navigating career transitions and understanding the requirements of various job markets.
- (i) Develop the ability to present oneself confidently and professionally during interviews

Suggested References:

Sr. No.	References
	<ol style="list-style-type: none"><li>1. National cadets corps 2019 hand book</li><li>2. Dale Carnegie - How to Win Friends and Influence People</li><li>3. Daniel Goleman - Emotional Intelligence</li><li>4. Stephen R. Covey - The 7 Habits of Highly Effective People</li><li>5. Robin Sharma - The Monk Who Sold His Ferrari</li><li>6. Thinking, Fast and Slow-Authored by Nobel laureate Daniel Kahneman</li><li>7. The Art of Thinking Clearly-Rolf Dobelli</li><li>8. Cadet's Hand Book Common Subject, All Wings, By DGNCC, New Delhi.</li><li>9. Cadet's Hand Book Specialized Subject, Army, By DGNCC, New Delhi.</li></ol>





On-line resources to be used if available as reference material

On-line Resources:

1. <https://www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/critical-and-creative-thinking/>
2. [https://www.cuesta.edu/student/resources/ssc/study\\_guides/critical\\_thinking/106\\_think\\_decisions.html](https://www.cuesta.edu/student/resources/ssc/study_guides/critical_thinking/106_think_decisions.html)
3. <https://graduate.northeastern.edu/resources/corporate-communication-skills/>
4. <https://corporatefinanceinstitute.com/resources/management/time-management-list-tips/>
5. <https://www.boisestate.edu/career/what-is-career-counseling/>
6. <https://www.coursera.org/in/articles/interviewing-skills>
7. Indiancc.nic.in.
8. DGNCC training App

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