

<b>Name of Faculty</b>	:	Faculty of Social Work
<b>Name of Program</b>	:	Bachelor of Social Work (BSW)
<b>Course Code</b>	:	2BSW03
<b>Course Title</b>	:	Life Skills - II
<b>Type of Course</b>	:	Professional Core (PC)
<b>Year of Introduction</b>	:	2023-24

<b>Prerequisite</b>	:	-
<b>Course Objective</b>	:	To develop students' interpersonal skills by focusing on effective verbal communication, active listening, negotiation, reflection, and assertiveness, while enhancing their ability to build rapport and cultivate essential life skills
<b>Course Outcomes</b>	:	At the end of this course, students will be able to:
	CO1	Improve interpersonal skills: communication, listening, rapport building
	CO2	Enhance problem-solving and stress management abilities
	CO3	Foster assertiveness and reflective decision-making

### Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
L	T	P		Theory Marks		Practical Marks		Total Marks
			C	SEE	CIA	SEE	CIA	
2	0	0	2	50	50	0	0	100

*Legends: L-Lecture; T-Tutorial/Teacher Guided Theory Practice; P-Practical, C - Credit, SEE - Semester End Examination, CIA - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)*

### Course Content

Unit No.	Topics	Teaching Hours	Weightage	Mapping COs
1	Interpersonal skills, Rapport Building, Life skills	12	18%	CO1
2	Verbal communication, negotiation, reflection	12	18%	CO1
3	Problem solving, Stress management, Active listening	12	18%	CO2
4	Decision making, Assertiveness	9	16%	CO3

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Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	25	25	25	25	-	-

*NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.*