



Bennett University

B.Tech: New Age Life Skills

Course Details:

Course Name:	New Age Life Skills	Course Code:			EHSS103L
Department:	Humanities & Social Sciences	Type:			Core
L-T-P Structure	3-0-0	Credits	3	Pre-requisite:	NIL
Course Objectives	<p><i>Main Objectives of the course are:</i></p> <ol style="list-style-type: none"> 1. To enable students to express their role in improving their quality of life. 2. To help students understand human psychology and its applications to improve human achievements and happiness to substantial extent. 3. To be able to reflect on the aspects of leadership, motivation and stress management. 4. Appreciate the nature of positive and proactive thinking and assertiveness. 5. To enable students, emphasize on personal values, goal-setting and planning, and solving problems. 				
Course Outcome	<p>At the end of the course, the students will be able to:</p> <ol style="list-style-type: none"> 1. Improve their ability to work with and through other people. 2. Improve their ability to work effectively with people who have different values, backgrounds or areas of expertise. 3. Improve their ability to lead others to succeed. 4. Develop critical analytical skills that will help you diagnose problems in organizations, assess strengths and weaknesses, and generate effective solutions to problems. 				
Course Contents:	Topics				No. of Hours
Unit 1	KNOWING AND EXPRESSING SELF Introduction to Life Skills, Developing Self-awareness: Key dimensions, enigma of self-awareness, Understanding and Appreciating Individual differences, Self-esteem, Values and Ethics, Thinking and reasoning, Proactive thinking, Positive thinking, Assertiveness, Emotional Intelligence and Case studies.				6
Unit 2	MANAGING TIME AND GOAL SETTING Setting goals, Goal Setting: Setting SMART Goals, what are the main components, Managing time and prioritizing, Balancing Time and Goal and Case studies.				6
Unit 3	SOLVING PROBLEMS ANALYTICALLY AND CREATIVELY Diagnostic Surveys for Creative Problem Solving, Problem Solving, Creativity and Innovation, Steps in Analytical Problem Solving, Multiple Approaches to creativity, Conceptual Blocks.				6
Unit 4	WORK GROUPS AND TEAMS Personality, The Myers-Briggs Type Indicator, The Big Five Personality Model, Diagnostic Surveys for Building Effective Teams, Team Development Behaviour, Developing Credibility, Leading Teams, Exercises in Building Effective Teams, Diagnostics Surveys for Managing Stress and Management of Stress, Conflict Handling, Developing Resiliency and Activities and Case studies				6
Unit 5	COMMUNICATING EFFECTIVELY Introduction to Technical Communication, Process of communication, Essential Elements of Effective Presentations, speaking as a Leader, presenting yourself professionally, developing your Interpersonal Skills, Argument Building, develop your facilitation skills, Making Formal Presentations, Creative Writing for Social Media.				8
Unit 6	EMOTIONAL INTELLIGENCE Emotional Intelligence, Nature and significance of Emotional Intelligence, Scope and Types of Emotional Intelligence, Correlates of Emotional Intelligence, Strategies to enhance emotional intelligence, Well-being and Case studies and Practice Sessions.				6
Unit 7	FINANCIAL LITERACY Need and Importance of Financial Planning, Time Value of Money, Difference between investment and expenditure, Budgeting and Importance of Liquidity				4
Unit 8	INFORMATION LITERACY Identification of sources of information, Nature of Information, Leveraging				6



	Information, effectively search for information using both print and electronic resources and Evaluate information and its sources critically.	
	Total	48
Special Instructions	<ul style="list-style-type: none">• Prepare well for each class by completing pre-class readings, case notes and other requirements as outlined/instructed.• Complete all items of assessment within stated deadlines.• Be prepared for group presentations and case discussions.• Prepare for formal presentations as allotted for the various evaluations.• Read newspapers and prepare a vocabulary bank as guided in the class.	
Text Book:	<ol style="list-style-type: none">1. Whetten, D.A., Cameron, K.S., 2017. "Developing Management Skills", 8th Edition. Pearson.2. Wadkar, A., 2016. "Life Skills for Success", 1st Edition. Sage Publishing.	