

Lesson Plan Title

Life skills

Lesson Plan**Lesson Plan for Higher Education English Students: Life Skills****Duration:** 40 hours**Grade Level:** Higher Education - English Students**Learning Objective:**

Students will develop essential life skills through the mastery of communication, decision-making, problem-solving, and self-management, enabling them to navigate personal and professional situations effectively.

Overview:

This lesson plan emphasizes the integration of life skills within the higher education English curriculum. Students will engage in various activities that foster critical thinking, effective communication, and interpersonal skills, which are vital for success in both academic and real-world settings.

Week 1: Introduction to Life Skills**Day 1: Understanding Life Skills****Activities:**

1. **Discussion:** Begin with a short lecture on what life skills are and their

importance. Encourage students to share their thoughts.

- **Instructions:** Facilitate a discussion by asking guided questions:
 - What do you think life skills encompass?
 - Why are they important for your future?

2. **Group Activity:** In small groups, list 10 life skills you believe are crucial for success. After 15 minutes, share with the class.

- **Instructions:** Assign roles (note-taker, presenter, timekeeper) within each group to ensure collaboration.**Assessment:** Class participation and group contributions will be observed.

Day 2: Communication Skills

Activities:

3. **Role-play Exercise:** Students will participate in guided role-play scenarios to practice effective communication.

- **Instructions:** Provide scenarios (e.g., job interview, conflict resolution) and assign roles. Each pair should perform their role-play in front of the class, followed by peer feedback focused on clarity and body language.

4. **Reflection Paper:** Write a one-page reflection on the role-play experience discussing what went well and what could be improved.

- **Instructions:** Students will submit their reflections at the end of the class.**Assessment:** Role-play performance will be evaluated on communication clarity and engagement with peers. The reflection paper will be assessed for insightfulness and articulation.

Week 2: Decision Making and Problem Solving

Day 3: Critical Thinking and Decision-Making

Activities:

5. **Case Study Analysis:** Analyze a case where an ethical dilemma was

present.

- **Instructions:** Split the class into small groups. Provide each group with a different case study and ask them to identify key issues, decisions made, and alternative solutions. Each group will present their findings.

6. Fishbowl Debate: Choose a topic related to the case study for a fishbowl debate.

- **Instructions:** One group discusses the issue while the rest of the class listens. When they are finished, the listeners can join in with their opinions and interventions.**Assessment:** Group presentations and participation in the debate will be evaluated for insight and critical engagement with the material.

Day 4: Creative Problem-Solving

Activities:

7. Solution Brainstorming: Present a real-life problem (e.g., navigating student loan debt). In groups, brainstorm creative solutions.

- **Instructions:** Facilitate a "yes, and..." brainstorming session where each idea builds on the previous one. Allow 20 minutes for brainstorming, and then have groups share their best ideas.

8. Action Plan Presentation: Each group creates a one-page action plan incorporating their chosen solution.

- **Instructions:** Groups present their action plans, focusing on feasibility and potential impact.**Assessment:** Quality of ideas generated during brainstorming and clarity of the action plan will be assessed.

Week 3: Self-Management and Personal Development

Day 5: Goal Setting

Activities:

9. **SMART Goals Workshop:** Teach the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).

- **Instructions:** Provide examples of each type of goal and guide students in drafting their personal and academic SMART goals.

10. **Goal Sharing Circle:** Form a circle where each student shares one of their SMART goals.

- **Instructions:** Encourage supportive feedback and offer suggestions for accountability.**Assessment:** Submission of SMART goals for assessment based on clarity and adherence to the SMART criteria.

Day 6: Time Management Skills

Activities:

11. **Time Management Matrix:** Introduce the Eisenhower Box to categorize tasks by urgency and importance.

- **Instructions:** Provide scenarios for students to categorize tasks. Afterward, each student creates their own matrix with their current responsibilities.

12. **Time Blocking Exercise:** Students will create a time-blocking schedule for a typical week.

- **Instructions:** Students will take into account deadlines, study time, and personal commitments, then present their time-blocked schedules to a partner for feedback.**Assessment:** Quality of time management matrices and time-blocking schedules will be assessed for completeness and practicality.

Week 4: Interpersonal Skills and Networking

Day 7: Building Relationships

Activities:

13. Networking Workshop: Discuss the importance of networking.

- **Instructions:** Role-play introducing yourself and making professional connections. Provide students with examples of effective introductory phrases.

14. Networking Event Simulation: Host a mock networking event.

- **Instructions:** Set up a classroom environment resembling a professional networking event where students circulate, practice introductions, and exchange contact information.**Assessment:** Observations of networking interaction will inform evaluations of each student's ability to engage and communicate professionally.

Day 8: Conflict Resolution

Activities:

15. Conflict Resolution Scenarios: In pairs, simulate conflict resolution using real-life scenarios.

- **Instructions:** Give pairs specific scenarios typically faced in academic or workplace settings. Each pair role-plays the scenario while the rest of the class observes and provides feedback.

16. Reflection Discussion: Conduct a class discussion to highlight effective strategies observed during the scenarios.

- **Instructions:** Discuss strategies that could have been used differently and the impact of resolving conflicts effectively.**Assessment:** Evaluation of conflict resolution role-plays based on demonstration of strategies and effectiveness.

Week 5: Practical Application and Reflection

Day 9: Real-Life Application of Skills

Activities:

17. Guest Speaker Session: Invite a professional who utilizes life skills in their career to share experiences.

- **Instructions:** After the talk, allow time for a Q&A for students to inquire about the application of life skills in various fields.

18. Group Project: Plan a community service project that incorporates learned life skills.

- **Instructions:** Students will work in groups to identify needs in their community and develop a proposal outlining the project plans.**Assessment:** Participation in the Q&A session based on the quality of questions asked, and the community service project proposal will be graded.

Day 10: Final Reflections

Activities:

19. Portfolio Creation: Compile a portfolio that includes all previous assignments, reflections, and a final paper on the importance of life skills.

- **Instructions:** Provide a template for organization. Students will include their reflections, goal-setting activity, and project proposals.

20. Presentation Day: Each student presents a portion of their portfolio focusing on life skills they have grown in and how they plan to use them in the future.

- **Instructions:** Allocate 3-5 minutes for each presentation, followed by a brief Q&A from peers.**Assessment:** The final portfolio will be assessed for completeness, reflection depth, and clarity of future life skills application as well as presentation engagement.

Conclusion:

This lesson plan comprehensively integrates life skills with English instruction, enabling students to not only improve their communication abilities but also equip themselves with essential skills for personal and

professional life. Through varied activities and assessments, students will demonstrate their learning and growth in essential life skills, fulfilling the set objective.

Life Skills for Higher Education English Students

This lesson plan is designed to integrate essential life skills into the higher education English curriculum. Over 40 hours, students will master communication, decision-making, problem-solving, and self-management. The goal is to equip them with the skills needed to navigate personal and professional situations effectively. Through varied activities and assessments, students will demonstrate their learning and growth in essential life skills, fulfilling the learning objectives.



by Swathi Karengula



Understanding Life Skills

Discussion

Begin with a short lecture on what life skills are and their importance. Encourage students to share their thoughts. Facilitate a discussion by asking guided questions: What do you think life skills encompass? Why are they important for your future?

Group Activity

In small groups, list 10 life skills you believe are crucial for success. After 15 minutes, share with the class. Assign roles (note-taker, presenter, timekeeper) within each group to ensure collaboration.

Communication Skills

Role-play Exercise

1

Students will participate in guided role-play scenarios to practice effective communication. Provide scenarios (e.g., job interview, conflict resolution) and assign roles. Each pair should perform their role-play in front of the class, followed by peer feedback focused on clarity and body language.

Reflection Paper

2

Write a one-page reflection on the role-play experience discussing what went well and what could be improved. Students will submit their reflections at the end of the class.



Critical Thinking and Decision-Making

Case Study Analysis

Analyze a case where an ethical dilemma was present. Split the class into small groups. Provide each group with a different case study and ask them to identify key issues, decisions made, and alternative solutions. Each group will present their findings.

Fishbowl Debate

Choose a topic related to the case study for a fishbowl debate. One group discusses the issue while the rest of the class listens. When they are finished, the listeners can join in with their opinions and interventions.



Creative Problem-Solving

Solution Brainstorming

Present a real-life problem (e.g., navigating student loan debt). In groups, brainstorm creative solutions. Facilitate a "yes, and..." brainstorming session where each idea builds on the previous one.

Allow 20 minutes for brainstorming, and then have groups share their best ideas.

1

2

Action Plan Presentation

Each group creates a one-page action plan incorporating their chosen solution. Groups present their action plans, focusing on feasibility and potential impact.



Goal Setting and Time Management



SMART Goals Workshop

Teach the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound). Provide examples of each type of goal and guide students in drafting their personal and academic SMART goals.



Time Management Skills

Introduce the Eisenhower Box to categorize tasks by urgency and importance. Provide scenarios for students to categorize tasks. Afterward, each student creates their own matrix with their current responsibilities.

Interpersonal Skills and Networking

1 Networking Workshop

Discuss the importance of networking. Role-play introducing yourself and making professional connections. Provide students with examples of effective introductory phrases.

2 Networking Event Simulation

Host a mock networking event. Set up a classroom environment resembling a professional networking event where students circulate, practice introductions, and exchange contact information.





Practical Application and Reflection

1

Guest Speaker Session

Invite a professional who utilizes life skills in their career to share experiences. After the talk, allow time for a Q&A for students to inquire about the application of life skills in various fields.

2

Group Project

Plan a community service project that incorporates learned life skills. Students will work in groups to identify needs in their community and develop a proposal outlining the project plans.