

Add-on Course on Soft Skills

Objectives:

1. To equip teacher trainees with the social and interpersonal skills that enable them to cope with the demands of everyday life
2. To build self-confidence, encourage critical thinking, foster independence and help teacher trainees to communicate more effectively.
3. to inculcate potential skills in the teacher trainees to prepare them to deal with the external world in a collaborative manner, take initiative, solve problems, and demonstrate a positive work ethic so as to hold a good impression and positive impact.

Course Outline

Module 1: Skills of Knowing and Living with Oneself and Others

Skills needed to live with oneself- Self- awareness, Coping with Stress, Coping with emotions, Skills needed to live with others- Self Esteem, Empathy, Effective Communication, Conflict Resolution and Negotiation, Assertiveness

Module 2: Skills of Effective Decision Making

Decision making- Critical Thinking, Creative Thinking, Decision Making, Problem Solving

Module 3: Soft skill for teachers

Softskills for teacher- Presentation skill, Organizational Skill, Public speaking, Multi-tasking, stress management.

Outcome of Course

After the course the teacher trainee will be able to:

- Translate knowledge and skills into actions that will present positive attitudes and values
- Behave responsibly
- Develop their full potential
- Promote risk free behavior
- Promote the state of holistic well-being
- Develop a positive attitude towards themselves and others

Course Co-ordinator

Dr. Sunitha Susan Jose

Asst. Professor

St. Joseph's Training College, Mannanam

e-mail: sunithasusanjose@gmail.com