

**Course: OE
Life Skills**

Semester: II	Credits: 2	Subject Code: OE2-22301	Lectures: 30
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Course Outcomes:

At the end of the course, the learner will be able to:

- CO1 - Discuss the process of interpersonal communication and the principles of effective communication
- CO2 - Explain barriers to effective communication
- CO3 - Describe stress, types of stressors
- CO4 - Identify various coping mechanisms to deal with stress

Unit 1: Interpersonal Communication and Well-Being	15
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- Process of Interpersonal Communication
- Nonverbal communication
- Toward more effective communication
- Barriers to effective Communication

Unit 2: Stress and Coping Processes	15
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- Nature and types of stress
- The Concept of Coping
- Nature of constructive coping
- Constructive coping techniques – Appraisal focused, Emotion focused and problem focused, Meditation as a coping mechanism

Recommended Text Books:

- Weiten W. & Lloyd M. A. *Psychology Applied to Modern Life – Adjustment in the 21st Century*. 7th Ed, Thomson Wadsworth; 2004

Reference Books:

- Krish, S.J., Duffy, K.G. & Atwater, E. *Psychology for Living- Adjustment, Growth and Behavior Today*. Pearsons; 2011



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St. Mira's College for Girls, Pune
(FYBA, BCOM, BBA, BBA(CA) 2023-2026)

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