**COURSE DESCRIPTION**

**Department of Service Courses**

**Life Skills Course Number: 01101121 (3 CHs)**

* Essential skills: communication, friendship, solving problems and taking decisions.
* Life skills; orientating students on life skills, its theoretical bases and relation with constructive theory.
* Aspects of life skills; emphasis on contents and ways of learning life skills; agents affecting them.
* Models of life skills; personal administration and adaptation.
* Decision taking and critical thinking; educating students on the activities and skills of decision taking, critical thinking and communication skills; personal adaptation and effective thinking.

Course outcomes:

1. Knowledge of life skills and theoretical bases
2. Understanding methods of learning life skills and affecting agents.
3. Understanding the relationship between critical thinking and contemplative thinking and how they lead to effective decisions.
4. Practicing activities of communicating and personal administration.
5. Acquisition of the correct methods of adaptation and problem solving.