



Department of Paediatric and Preventive Dentistry
Value added course

Life Skills for Dental Students

About the course: Life skills go hand in hand with development and can assist students to succeed later in life. Life skills are recognized as those essential skills that bring together the social, emotional, and cognitive capacities of a person to solve problems and achieve goals. This program introduces life skills to dental students and is designed to help them implement required skills in their day-to-day lives.

Objectives:

- To introduce life skills to dental students
- To help students to develop life skills

Participants: Final year BDS and interns

Course Duration: 30 hrs (6 Days)

Day 1: Introduction to Life Skills:

- Concept of Life Skills and its application for health professionals
- Self-awareness : Understanding self, SWOC, self-concept, self-esteem, self-evaluation, goal setting
- Empathy: Meaning of Empathy, perspective taking, voluntarism, altruism, Developing empathy

Day 2: Introduction to Life Skills

- Effective Communication: Elements of Effective communication, Interpersonal and intra-personal communication, Effective listening, assertive communication

- Interpersonal Relationship Rapport building; building, maintaining, ending relationships constructively; living in diverse societies

Day 3: Introduction to Thinking Skills

- Critical Thinking: Critical thinking process, Developing critical thinking
- Creative Thinking: Creative thinking process, barriers to creative thinking, boosting creative thinking

Day 4: Thinking Skill

- Problem Solving: Problem solving process, strategies, creative problem solving
- Decision Making: Decision making process, models & techniques, collaborative decision making

Day 5: Coping Skills

- Coping with Emotions: Understanding emotions and feelings, techniques to cope with emotions
- Coping with Stress: Understanding stress triggers, techniques to cope with stress.

Day 6: Practical Application dentistry student's life

- Various scenario of day to day life and application of life skills

Tentative date: January/February