Life Skills

Module Name: Life Skills for Success and Wellbeing
Module Code: UCM60802U2
Synopsis:
This degree-level module provides students with an experiential journey into self-discovery and self-development in order to benefit their personal efficacy and success. This will involve practical online activities that aim to develop students' personal and social competencies, in order to improve their intrapersonal and interpersonal skillsets. This entire personal development journey will be undertaken in the context of self in relation to the community.

Students begin their personal development journey, by cultivating their self-awareness through self-reflection via mindfulness and journaling. Concurrently, they will perform personality and personal values assessments that aim to further enhance this self-awareness. Next, students will explore their life purpose by designing a Core Purpose Statement that is based on their strengths, personal values, and goals in life. Additionally, they create a Career Vision statement, which aims to assist them in their professional success. These topics are taught through authentic learning and experiential exercises which are designed to help students leverage on their unique strengths and improve their weaknesses. The intended outcome is that each activity deepens a student's sense of self-awareness by building their emotional intelligence. The module culminates in the design and presentation of a personalized action plan, which strategizes how to integrate learnings from the module into their future lives. Formative and summative assessment through written reflections, and the creation of the Personal Development Plan will test a student's ability to integrate newly developed Life skills into everyday scenarios.

Module Learning Outcomes
1. Express their personal emotions and thoughts to develop awareness on its' influences on their personal actions.
2. Analyse concepts and methods on personal competencies learned in this module.
3. Produce a Personal Development Plan that aligns to their Core Purpose Statement.

Module Name: Millennials In Malaysia: Team Dynamics And Relationship Management
Module Code: UCM60802U3
Synopsis:
This degree-level module provides students with an experiential journey into social awareness and stakeholder management. This social development process encourages students to form positive and interdependent relationships with others, within the diverse background and cultures in Malaysia. It also provides students with understanding of the changes, challenges and opportunities facing 21st century youth in order to prepare them to be involved in nation building.

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This module involves online, inside and outside classroom activities that aim to develop students' social competencies in order to improve their intrapersonal and interpersonal skillsets. The pedagogy of this module has been drawn from the Kolb's Learning Cycle, the experiential learning method. Some of the essential skill sets students would develop in this module are teamwork, decision making, leadership, conflict resolution and networking.

This module consists of individual and project-based assessment.
Students will be applying theories and principles of social competencies in a continuous assessment. Students will be discovering and developing a networking map using their core purpose for their personal development. Students would be given an opportunity to demonstrate teamwork, decision making, leadership, conflict resolution, networking and social competency skills by executing a project to a diverse community in Malaysia. Additionally, students will be sharing about their project impact and outcome through a presentation.

<u>**Module Learning Outcomes:**</u>
1. Recognize and apply basic principles of teamwork, leadership, conflict resolution, decision-making and social competency skills to resolve basic problem-solving scenarios.
2. Identify and create a networking map.
3. Demonstrate teamwork, decision making, leadership, conflict resolution and networking by executing a project to a diverse community in Malaysia.

Module Name: Life Skills for Personal Development
Module Code: UCM40702U2 & UCM40602U2
Synopsis:
This diploma-level module provides students an opportunity to develop one of the most important technical skills required by employment in the future which is Emotional Intelligence (EQ). Thus, by attending this module students will embark on an experiential journey into self-awareness and self-management which is part of the EQ. This will benefit their personal efficacy and success. Students will be able to develop their personal competencies by participating in practical classroom activities, This module is a guided learning through highly blended learning format where the learning activities are combination of social learning activity via Open Learning portal, synchronous classroom, project-based learning and face to face lecture.

This module has been drawn with gamification framework whereby it is a combination of Connectivism approach, Bloom's Taxonomy and Bandura's self-efficacy and social learning theory. Students begin their journey by building personal competency skills which is self-awareness. By learning how to be present and self-reflect, they will build their capacity to be self-aware. Concurrently, they will learn how to acknowledge their emotions through emotional intelligence assessments and case studies, which aim to enhance self-awareness and get them motivated. Next, students will move into the self-management quadrant, where they will be introduced to different tools on how to manage stress, anxiety, change and how to set life goals to make their life meaningful. This will help them to be self-reliant and confident to manage themselves in a skillful way.

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Module Learning Outcome:

1. Identify basic principles of personal competencies.
2. Develop self-awareness with self-discovery tool.
3. Apply goal setting strategies to set their personal goals.

Module Name: Millennials in Malaysia: Developing Interpersonal Relationships
Module Code: UCM40602U3 & UCM40502U3
Introduction

Students transiting from secondary schools need particular life skills to adapt to the change in a university environment. Some of these life skills include the ability to work with others in teams and to cultivate healthy relationships. In this course, students will be exposed to teamwork, communication and relationship building through experiential learning. Case studies and examples will be drawn from situations in the Malaysian context. The aim is to develop holistic youth in their physical, social, mental, emotional and spiritual spheres. These youth will then be better equipped for academic and professional success, contributing to the growth of the nation.

Synopsis:

This diploma-level module nurtures students to develop and cultivate interpersonal relationships. This will involve practical classroom activities that aim to develop students' social competencies and communication skills. This entire interpersonal development journey will be undertaken in the context of self in relation to the community in the Malaysian context.

Students will be able to discover and reflect on the fundamentals of interpersonal relationship while being aware of their own values. Students will be taught the elements of good communication teamwork and relationship building. Students will be assessed on their skills and show evidence of their learning journey through different activities and assignments.

Module Learning Outcome

1. Identify basic principles of social competencies.
2. Recall basic principles of communication skills.
3. Demonstrate teamwork and problem solving in a team setting.

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