

SEC2-L HEALTH PROMOTION LIFE SKILLS AND BASIC COUNSELLING SKILLS

Unit-I: Hygienic behaviour

- 1- Types of infectious diseases
- 2- Signs and symptoms of infectious diseases
- 3- How to prevent infectious diseases: hygienic habits

Unit-II: Relationships

- 1- Interpersonal relationship
- 2- Peer pressure- saying no to drugs, tobacco
- 3- Bullying and its effect

Unit-III: Competency Mapping

- 1: Competency mapping: Introduction
- 2: Methods of competency mapping
- 3: Competencies dealing with self-management

Unit-IV: Introduction of counselling

- 1- Counselling process: counselors and helpers
- 2- What are basic counseling skills?
- 3- Helping relationship and helping process

Unit-V: Counselling skills

- 1- Starting, structuring and summarizing
- 2- Facilitating problem solving
- 3- Improving clients feedback

Unit-VI: Considerations in counseling

- 1- Ethical issues and dilemmas
- 2- Multicultural and gender aware helping
- 3- Getting support and being supervised