

19 September, 2014

## **“INTRODUCING THE MENTORING PROGRAMME- FACILITATING INCULCATION OF LIFE SKILLS AMONG THE STUDENTS - I”**

A one day Workshop on ***“The Mentoring Programme-Facilitating Inculcation of Life Skills among the students”*** is being organized for the first year students of ALS (D) on **23 September 2014 at F-I Seminar Hall.**

Life Skills are the competencies that help people function well in their environments. They are imperative for everyone –more so for the youth. They help one cope with life and its many challenges and live a fulfilling and successful life. With a view to facilitate the inculcation of life skills among the students Amity Law School Delhi has been running a mentorship programme for the students that provides for a faculty mentor to work closely with a group of students to help them in areas they may be facing problems or deficiencies.

### **Life Skills include:-**

- Cognitive Skills – including search, selection, analysis of information; critical thinking; problem-solving; understanding consequences; decision-making; adaptability; creativity
- Emotional Skills – including motivation; sense of responsibility; commitment; managing stress; managing feelings; self-management, self-monitoring and self-adjustment
- Interpersonal Skills – including communication; assertiveness; negotiation/refusal skills; cooperation; empathy; teamwork

### ***In brief this means***

- *learning to be*
- *learning to live together*
- *learning to know (Will be covered in the subsequent Workshop)*
- *learning to do (Will be covered in the subsequent Workshop)*

The workshop seeks to introduce the students to the mentoring programme and will deal with the following:

- Self-awareness -reflection on skills, strengths and weaknesses ,
- Communication – empathetic / active listening and effective communication,

- Self empowerment- Coping with emotions ,learning to cope with stress
- Interpersonal effectiveness- cultivating empathy, dealing with cultural differences
- Collaboration–learning to work with others

**Regards**

**Prof. (Dr.) Mona Sharma**  
**Convenor**  
**Mentor Mentee Programme**