



# Indian Institute of Technology

## Course Details Report

**Course No: GN1102**

**Course Name: Life Skills 2**

**Course Type:**

Theory

**Description:**

This is a follow up course to GN1101 where internalizing of concepts learnt is addressed.

The student, having spent a semester, needs to put his experiences in context. This course will address that context in relation to the experience. The objective is to help the student validate his/her thinking and behavior.

**Course Content:**

As in the first semester, the main content is about handling change. Under this, the subsets are overcoming fear, understanding and handling failure, creating alternatives, accepting new situations and embracing change.

**Text Books:**

Covey, Stephen. "The seven habits of effective people." New York: Simon (1989).

**Reference Books:**

Carnegie, Dale. How to stop worrying and start living. Simon and Schuster, 2004.

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