

**In the Name of God**

**Course Plan: “Life Skills” for Medical Students**

Dr. Farzaneh Raii

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**Course Plan: “Life Skills” for Medical Students**

**1. General Information**

- **Course Title:** Life Skills
    - **Level:** General Medicine (Semester 1 or 2)
    - **Number of Sessions:** 4 sessions (each session 120 minutes)
    - **Course Type:** Theoretical – Workshop-based (with group activities)
  - **General Objective:** To promote the mental and social health of medical students through teaching key life skills in order to improve academic, clinical, and communication performance.
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**2. Educational Objectives**

**A) General Objectives**

1. Increasing students’ awareness of stress and emotional coping skills.
2. Enhancing effective communication skills with patients, colleagues, and family.
3. Improving ethical and professional decision-making in medical settings.
4. Strengthening self-esteem, empathy, and self-awareness.

**B) Specific Objectives**

By the end of the course, the student should be able to:

- Define the concept of life skills.
  - Identify different styles of coping with stress.
  - Make logical and ethical decisions in challenging situations.
  - Establish effective and empathetic communication with patients.
    - Recognize and manage their own emotions.
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### 3. Educational Content (Proposed 8-Session Plan)

#### Course Plan Form

Session No.	Titles	Date	Time	Instructors	Location	Evaluation Method	Teaching Method	Resource
1	Introduction to Life Skills				School of Medicine		Lecture – Group discussion	PowerPoint, educational video
2	Self-awareness and Self-esteem				School of Medicine		Role-play, self-assessment test	Questionnaire
3	Effective Communication				School of Medicine		Role-play, film analysis	Video, feedback form
4	Empathy and Mutual Respect				School of Medicine		Group work – Story reading	Case texts
5	Stress Management				School of Medicine		Breathing exercises, open discussion	Clips and meditation
6	Problem-solving and Decision-making				School of Medicine		Case study	Analysis form
7	Critical and Creative Thinking				School of Medicine		Brainstorming – Debate	Critical thinking table
8	Summary and Evaluation				School of Medicine		Group work, written exam	Feedback sheet

#### 4. Evaluation Methods

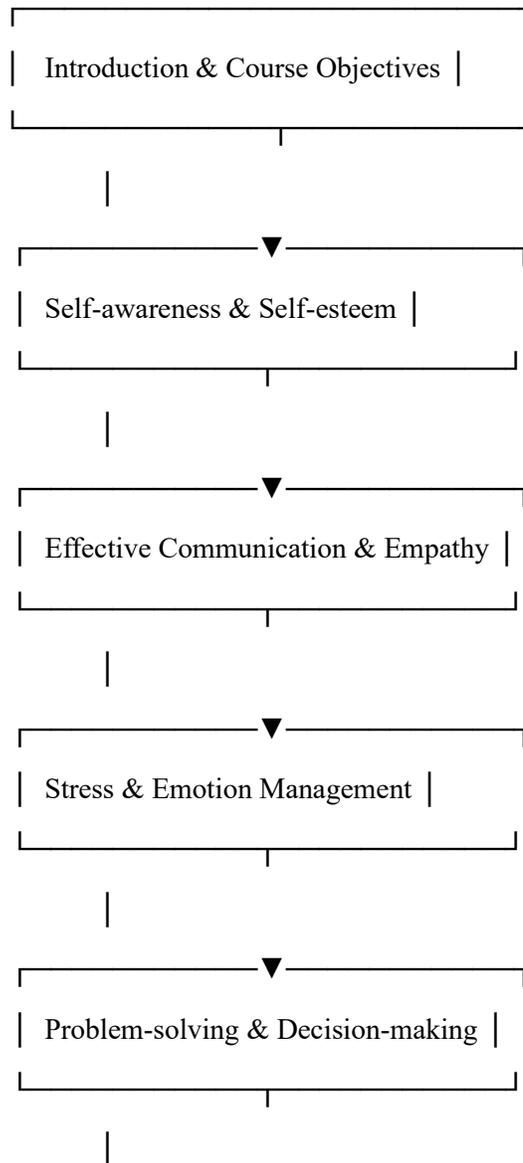
- Attendance and active participation: 20%
- Assignments and group work: 30%
- Short project (case study): 20%

- Final exam: 30%
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## 5. Suggested Resources

- World Health Organization (WHO). *Life Skills Education for Health and Well-being*.
  - Naseri, S. (2020). *Life Skills for Medical Sciences Students*.
  - Ghani, A. (2019). *Effective Communication in Clinical Professions*.
  - Theory and Practice of Counseling and Psychotherapy – Corey, G. (2021).
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### Educational Flowchart of the “Life Skills” Course



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| Critical Thinking & Creativity |

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| Summary, Practice, Evaluation |