**TU 102 Social Life Skills**

**BA in SOCIAL POLICY & DEVELOPMENT**

**FACULTY OF SOCIAL ADMINISTRATION**

**THAMMASAT UNIVERSITY**

**SEMESTER 1, 2018**

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| **Course Coordinator / Main Lecturer:**  Dr. Prapaporn Tivayanond Mongkhonvanit (PTM)  Email: ttivayanond@yahoo.com  Office hours: by appointment  **Course hours**: Friday, 9:00 – 12:00 hrs |  |

**Venue:** Room SA xxx, Faculty of Social Administration, Thammasat University

(Tha Prachan Campus)

**Course Description**

This course examines important skills for success in leading a happy life in society. Holistic health care, addressing the physical, emotional, social, and spiritual needs are considered. Students learn to develop their ability in physical health care to manage stress, build emotional security, understand themselves, and adapt to psychological, emotional and social problems. Students learn about the basics of conflict resolution and communication. Students also learn to understand the meaning of aesthetics, experiencing and appreciating the relationship between art and humanity in different fields, namely visual arts, music, and architecture.

**Teaching Methods**

Each class will begin with a lecture that will provide the overarching context of the session’s topic. Each lecture focuses on specific topic offered by experts in the field. Any assigned material must be read prior to class. Each member of the class is expected to actively engage in the class and contribute to the session’s discussion.

**Learning Objectives**

* To obtain a deeper understanding of the many sides of social life.
* To introduce various skills which would promote social life.
* To encourage students to appreciate and observe the aesthetics of life in different forms, and to also connect, relate, and react to these aspects.
* To promote ‘active learning’ which places the responsibility of learning on learners.

**ASSESSMENT PLAN**

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| **No. of Activities** | **ASSESSMENTS** | **ASSESSMENT METHODS** | **Assessment weeks** | **Proportion of assessment score** |
| **1** | **Class attendance** | **Scores allocated to prompt attendance and signing of attendance sheet in timely manner. Late attendance will result in mark deduction.** | **All sessions** | **20 %** |
| **2** | **Weekly assignments** | **Students are asked to submit a weekly assignment as designated by the course coordinator** | **Chosen sessions** | **20 %** |
| **3** | **Final exam** | **Students are required to complete the final exam, which assesses what have been taught throughout the course.** | **End of course** | **30%** |
| **4** | **Final Projects** | **Students are asked to submit final projects** | **Final week** | **30 %** |

**ASSIGNMENT DETAILS**

* **Weekly assignments:** Students will be asked to submit a weekly or fornightly assignment (to be announced in class by the course coordinator), which is to be handed at the beginning of the following week’s session.
* **Final Evaluation Project:** Each student will prepare a project which states a plan of their life’s goal, combining the many social aspects taught in class. The plan has to be submitted by the end of the course. A handout with description of the project will be handed out to all students subsequently in class.

**COURSE POLICY**

* Punctual attendance is a requirement for all classes. Students must provide an excused absence from the lecturer for any class that they missed. An attendance sheet will be circulated when the class begins.
* All assignments must be handed in at the designated due dates. Late assignments will only be accepted if lateness is due to ill health or other emergencies that are documented. Any papers that are late with no written excuses will not be accepted.
* It is expected that students respect each other’s opinions and support mutual dialogues and do not resort to any discrimination.
* In order to promote a productive classroom environment, any behavior that distracts or disrupts other students and faculty is not acceptable. Such behavior includes cell phone use, surfing the internet, checking email, text messaging, listening to music, leaving early without permission, and discourteous remarks. There will be no tolerance for violation of these principles. Instead, students are expected to act with mutual respect and common courtesy towards other students and lecturers.
* Any student caught committing an act of plagiarism or other forms of academic dishonesty will be given a **fail grade** for the entire course. Plagiarism is the act of stating or implying that another person's work is your own. Plagiarism can range from submitting a paper you did not write to omitting key citations. Any action in which you misleadingly claim an idea as your own when it is not could constitute plagiarism. Other forms of academic dishonesty include cheating, fabrication, denying others access to information or material, and facilitating violations of academic integrity.
* Students are asked to attend 60% of lectures for the sessions **before and after** the Midterm exam. Students who fail to attend 60% of the lectures will not be allowed to sit in and undertake the Midterm and/or submit their final project to complete the course.

**Grading Scale**

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| Letter Grade | Percentage | GPA | Remark |
| A | 90 – 100 | 4.0 | Distinctive work which exhibits originality, thinking, and real contribution |
| B+ | 85 - 89 | 3.5 | Great effort, meeting all requirements but which can still improve in originality and contribution |
| B | 80 - 84 | 3.0 | Good effort meeting average requirement |
| C+ | 75 -79 | 2.5 | Passing work that does not meet all requirement but has sign of possible improvement |
| C | 70 - 74 | 2.0 | Passing work that does not meet all requirement |
| D+ | 65 - 69 | 1.5 | Poor quality which need extra effort in organization /structural English |
| D | 60 -64 | 1.0 | Poor quality work |
| F | 0 - 59 | 0.0 | Unacceptable work |

**Readings for the course**

* Rao, Srikumar (2006) Are you ready to succeed? London: Rider
* Stone, D. et al. (1999) Difficult Conversations, Auckland: Viking Penguin.
* Keller, G. (2013) The One Thing, London: John Murray.
* Other readings recommended by guest lecturers

**COURSE PLAN**

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| **Session** | **Date** | **Topics** | **Coverage** | | **Readings / Case studies** | **Lecturer** | | **Activities** | |
| 1 | 24 AUG | INTRODUCTION TO THE COURSE | * Introduction to course * Course syllabus | | Rao, Srikumar (2006) Are you ready to succeed? London: Rider | Dr. Prapaporn Tivayanond Mongkhonvanit | | 3 learning styles  Values exercise | |
| 2 | 5 SEPT | Stress Management | The understanding of what are determining factors of stress and how to manage them. | |  | Dr. Jaruwan Sakulku | |  | |
| 3 | 14 SEPT | Conflict Resolution | How to confront difficult conversations. What are the necessary skills to make such situations less stressful and more productive. | | Stone, D. et al. (1999) Difficult Conversations, Auckland: Viking Penguin. | TBC /Dr. Prapaporn Tivayanond Mongkhonvanit | |  | |
| 4 | 21 SEPT | Self Defense | Self-defense principles and practice as a form of protection | |  | Mua Thai | |  | |
| 5 | 28 SEPT | Yoga and stress relief | Introduction to the basic practice of yoga as a mean of understanding oneself and reducing the daily stress of our lives | | Bhagavad Gita | Nawarat Teeraprasert | |  | |
| 6-7 | TBC (8-12 OCT) | Field Visit | SET Stock Exchange of Thailand | |  | Dr. Prapaporn Tivayanond Mongkhonvanit | |  | |
| 8 | 19 OCT | Urban Planning | Introduction to what urban planning is and how the development and use of land is connected to public welfare. What are some of the areas of social policy which are of concern to urban planner? For example, housing zones and the provision of social services | |  | Asst. Prof Dr. Suwwadee Thongsukplang Hansasooksin | |  | |
| 9 | 26 OCT | Health Nutrition | Students learn to distinguish what factors contribute to good and bad health in terms of what they consume in their daily life. | |  | Dr. Sanit Wichansawakun | | Diet Research  Sugar Research | |
| 10 | 2 NOV | Sex Education | Understanding of sex education at the personal and societal levels. Learning of sex protection especially for the young 11population | |  | Guest Lecturer | |  | |
| 11 | 9 NOV | Film aesthetics | Appreciation in film aesthetics. The goals are for students to watch films critically and analyze hidden messages and ideologies in films. | |  | Mr. Vorakorn Ruetaivanichkul | |  | |
| 12 | 16 NOV | Music appreciation | Students are exposed to different listening experience. Emphasis is on audio and connectivity to the environment. | |  | Asst. Prof. Dr. Wankwan Polachan | | What music inspires you? | |
| 13 | 23 NOV | CLOSING OF THE COURSE | Summary of the course  SUBMISSION OF FINAL PROJECT |  | | Dr. Prapaporn Tivayanond Mongkhonvanit | Self-evaluation exercise | |
| 14 | 7 DEC | Final Exam (7 December, 2018) Please check time and date again closer to the exam week. | | | | | | |