**Lesson Plan Form**

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| ***Title:*** Self Esteem and YOU | | ***Course Code:*** AOL 101 / GED 321 | | |
| ***Target Population:*** Students of ENGLISH and CSE | | ***Duration:*** 1.5 Hours | | |
| ***Aims/Rationale:***   * To learn efficient lifetime performance by developing social, ethical and intellectual abilities depending on practical need. * Moreover, this chapter will explore possibility for becoming self-guardian or director to face unpredictable or unscripted life and living. | | | | |
| ***Learning Outcomes:*** At the end of the session, participants will be able to:   * Learn how we are performing unpredictable life. * Learn what kind of self-guardianship is mandatory to develop. * Learn how to create history of living in this beautiful world. | | | | |
| **Content** | **Method or Technique** | | **Resource or Aid** | **Time** |
| **Introduction:**  Welcome address, Relationship building, Content outlines, Bridging of the topic. | Lecture, Q/A | | MMP | 10 min |
| **Development:**   * Introduction * Discussion on Self-esteem | Lecture, Q/A, Group Discussion  Performance | | MMP | 60 min |
| **Conclusion:**  Summary, Feedback, Reference, Forward Planning | Lecture, Q/A | | MMP | 10 min |
| **Equipment & aids:**  MMP (Multimedia Projector) | | | | |