**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.
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| ***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.
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| **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) |