



UNIVERSITAS TOMPOTIKA LUWUK
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN
PROGRAM STUDI BAHASA DAN KEBUDAYAAN INGGRIS

RENCANA PEMBELAJARAN SEMESTER (RPS)

MATA KULIAH	KODE MK	BOBOT SKS	SEMESTER	TGL PENYUSUNAN
Life Skills		2	2	16 September 2024
Otorisasi	Koordinator dan Pengembang RPS	Dosen Pengampu Anitha Thalib Mbau, S.Pd., M.Pd.	Ketua Program Studi Muh. Rafii, S.S., M.Pd.	
Capaian Pembelajaran (CP)	Program Studi			
	CPL 1	Mampu menginterpretasi nilai moral, etika, kehidupan berbangsa dan bernegara, nasionalisme, kemandirian, keanekaragaman budaya, dan kepedulian terhadap masyarakat dan lingkungan sesuai dengan lingkup pekerjaannya.		
	Mata Kuliah			
	CPMK 1	Students can understand and practice the skills of knowing and living with oneself (self-awareness) Sub – CPMK : Students can foster their relationships and understanding of themselves including their thoughts, feelings, and behaviors through stress management, emotional regulation, positive thinking, and self-esteem.		
	CPMK 2	Students can understand and practice the skills of knowing and living with others (interpersonal skills) Sub – CPMK : Students can explore how to establish healthy, respectful relationships through empathy, listening skills, and managing relationships.		

	CPMK 3 Students can understand and practice the skills of making effective decisions (thinking skills) Sub – CPMK : - Students can understand concrete ways of thinking and executing tasks so that youth will make effective decisions, set relevant goals, and be informed consumers of information through goal setting, decision-making, problem-solving, critical and creative thinking, and resilience.
Deskripsi Singkat MK	Mata kuliah ini bertujuan untuk memberi pemahaman mengenai kompetensi psikososial dan keterampilan interpersonal yang membantu mahasiswa membuat keputusan yang tepat, memecahkan masalah, berpikir kritis dan kreatif, berkomunikasi secara efektif, membangun hubungan yang sehat, berempati dengan orang lain, dan mengatasi serta mengelola kehidupan mereka dengan cara yang sehat dan produktif untuk meraih keberhasilan dalam hidup – pada tingkat pribadi, tingkat antarpribadi, dan dalam komunitas serta tempat kerja mereka.
Pustaka	UTAMA 1. May, M. 2009. <i>Basic Life Skills Course: Facilitator's Manual</i>. UNICEF in close collaboration with the Ministry of Youth and Sport of the Republic of Azerbaijan. 2. May, M. 2009. <i>Basic Life Skills Course: Student Workbook</i>. UNICEF in close collaboration with the Ministry of Youth and Sport of the Republic of Azerbaijan. PENDUKUNG 1. The Myers-Briggs Company and The Myers-Briggs Company Limited. 2018. <i>Self-awareness: A Quick Guide</i>. Retrieved from www.themyersbriggs.com 2.
Media Pembelajaran	Whiteboard, projector, speaker, notes, etc.
Tim Pengajar	Anitha Thalib Mbau, S.Pd., M.Pd.
Penilaian	Kehadiran (15%) Kuis dan Tugas (20%) Mid Test (30%) Final Test (35%)

Mg ke	Sub CPMK (sesuai tahapan belajar)	Bahan Kajian	Metode Pembelajaran	Estimasi Waktu	Penilaian	
					Indikator	Bobot
1	Students are able to understand the concept, importance, and practice stress management	- Stress management	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, manfaat, dan mengaplikasikan stress management.	
2	Students are able to understand the concept, importance, and practice emotional regulation.	- Emotional regulation	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, manfaat, dan mengaplikasikan emotional regulation.	
3	Students are able to understand the concept, importance, and practice positive thinking	- Positive thinking	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, manfaat, dan mengaplikasikan positive thinking.	
4-5	Students are able to understand the concept, importance, and develop self-esteem.	- Self Esteem	- Lecturing - Discussion - Reflection	4 x 50 menit	Mampu memahami konsep, manfaat, dan membangun self-esteem.	
6	Students are able to understand the concept, importance, and practice empathy	- Empathy	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep dan pentingnya empati dan mempraktekkannya.	
7	Students are able to understand the concept, importance, and practice listening skills	- Listening Skills	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, manfaat, dan mengaplikasikan listening skills	
8	<i>Mid</i>					
9	Students are able to understand the concept, importance, and practice managing relationships.	- Managing Relationships	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, manfaat, dan mengaplikasikan relationship management.	
10	Students are able to understand the concept, importance, and set relevant goal.	- Goal Setting	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep dan pentingnya membuat tujuan yang relevan dan mempraktekkannya.	

11	Students are able to understand the concept, importance, and make an effective decision.	- Decision Making	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep dan pentingnya membuat keputusan yang efektif dan mempraktekkannya.	
12	Students are able to understand the concept, importance, and practice problem-solving,	- Problem Solving	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, dan pentingnya strategi memecahkan masalah dan mempraktekkannya.	
13	Students are able to understand the concept, importance, and practice critical and creative thinking,	- Critical and Creative Thinking	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, dan pentingnya critical and creative thinking dan mempraktekkannya.	
14	Students are able to bounce back from adversity and build their resilience.	- Resilience	- Lecturing - Discussion - Reflection	2 x 50 menit	Mampu memahami konsep, dan pentingnya resilience dan mempraktekkannya.	
15	Writing a Reflection (Campaign)	- Consultation and project revision	- Project-based Learning	2 x 50 menit		
16	<i>Final</i>					