BEHAVIORAL SKILLS DEVELOPMENT PROGRAM

CAREER GUIDANCE UNIT
UNIVERSITY OF COLOMBO

Objective of the Program
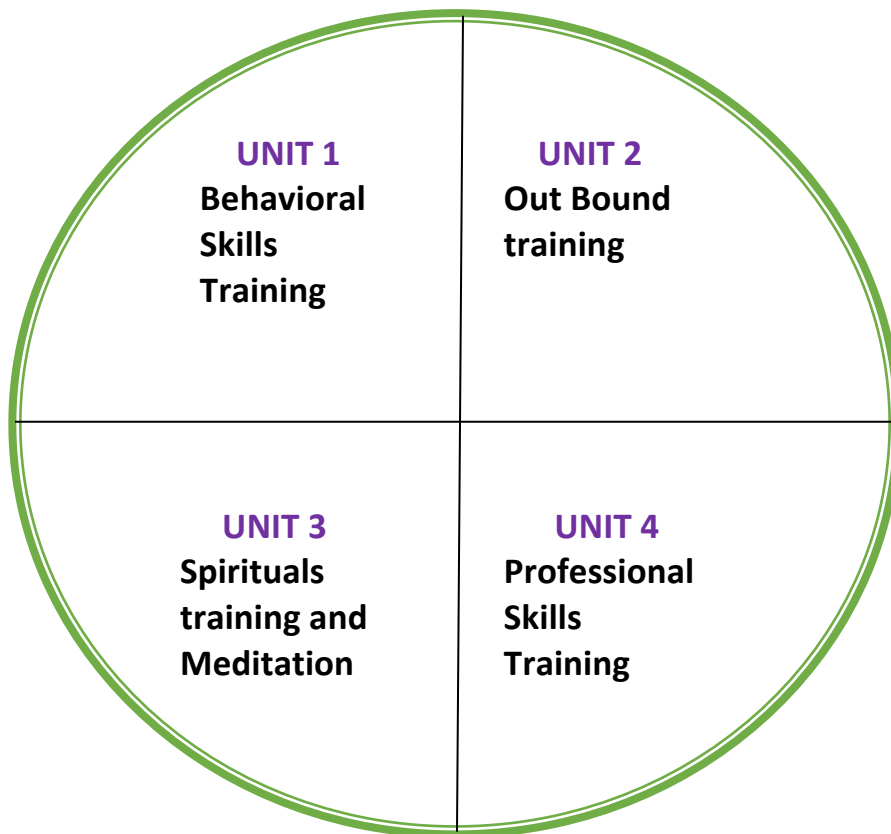
There are two main objectives of the program

Objective 01 - Improve the behavioral skill of the Undergraduates of the University of Colombo.

The role of human behavior is an essential factor in work performance in any organization. The university graduates with people's skills are required to run organizations in future. During the period of the University this skill development program is essential for to improve by themselves to get prepared for the working world/better performance in their employment.

Behavioral Training Competency Areas

Behavioral Training Competency Areas

The training will cover all the following Units including the sub competencies areas. The participants will be able to get the practical knowledge to each sub competency areas.
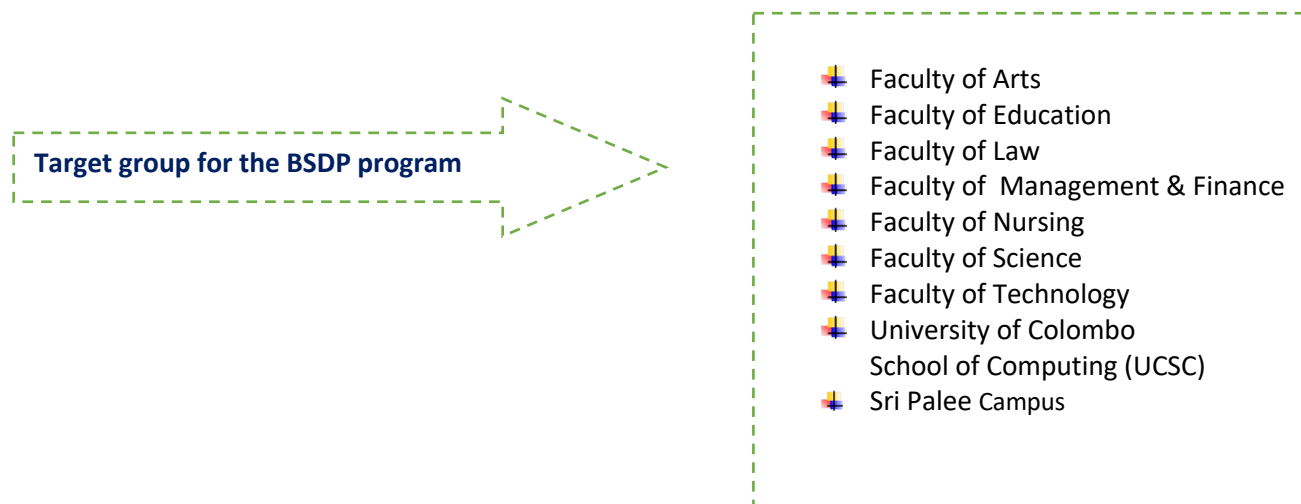
UNIT 1
Behavioral Skills Training

UNIT 2
Out Bound training

UNIT 3
Spirituals training and Meditation

UNIT 4
Professional Skills Training

Units and Sub competency areas

UNIT 1 Behavioral Skills Training	UNIT 2 Out Bounding Training	UNIT 3 Spirituals Training and Meditation	UNIT 4 Professional Skills Training
- Interpersonal skills & Listening skills - Improve decision making - Time Management - Confidence Building - Finding the personality style - Conflict Management - Adoptability - Improve risk taking	- Negotiation Skills - Trust building - Problem Solving - Team Leadership & Collaboration - How to build a dynamic personality - Leadership Skills - Learn to utilize resources effectively and efficiently	- Inner peace - Stress Management - How to manage the stress - Yoga and Meditation - How to maintain a healthy life - How to maintain a healthy mind - Active Listening - How to be responsible person How to be a person with the qualities of honesty, loyalty, peaceful and sincerity and	- Professional Skills Training - How to build professional image - Balancing work and life - Motivation Skills - Improve commitment - How to Set clear goal - Innovation - High performance at work

05 Target Group and Selection

Undergraduates of the University of Colombo can apply for this program. Students are selected on the basis of the student ratio of each faculty and institution. [Examples: (Faculty of Arts / Full Undergraduates in UOC)*100%]. Upon request and requirement, the next BSDP sessions will be organized.

Target group for the BSDP program ⟶

- Faculty of Arts
- Faculty of Education
- Faculty of Law
- Faculty of Management & Finance
- Faculty of Nursing
- Faculty of Science
- Faculty of Technology
- University of Colombo School of Computing (UCSC)
- Sri Palee Campus

Content of the outsourcing BSD program

PROGRAM	DETAILS	Program Agenda
Duration	One day program	
Content	Unit 1 Behavioral Skills Training Unit 2 Out Bound training (Game based experiential Training) Unit 3 Spirituals training and Meditation Unit 4 Professional Skills Training	- Lava Crossing - Leadership training, - Communication - Team Building Activities - Blind polygon - Trust Building activities - Meditation and Quite Time Practice - Bon fire - Closing ceremony
Location	Depends on the requirements	
Methodology	- Lectures - Role Play Developing interpersonal skills/Conflict resolution - Bonfire and Relaxation Programs	
Certification	The Behavioral Skills Training Certificate will be only issuing the students who complete all four units of the program.	
Other Services	Depends on the requirements - T Shirt - Musical Band (Team of the Undergraduates)	

Career Guidance Unit