

Foundation in Soft Skills Program – Vietnam

Welcome to the Ubiquity University, “Foundation in Soft Skills – Student Edition – Vietnam”

Employers all across the world, in every sector of the global economy, agree that some of the most important skills we need to be developing are “soft skills.” Professionals are needed in every type of job, including high-tech and business, who are strong in technical skills, known as “hard skills,” but also strong in leadership, collaboration and teamwork, and emotional intelligence.

Over our lives, we naturally develop skills that allow us to make new friends, get along with others and use our “common sense.” In this course, we will spend time focusing on more advanced soft skills, so your students can understand what future employers or clients will expect from them in the workplace.

In addition, each module has a section devoted to the United Nations Sustainable Development Goals (UN SDGs). There are 17 goals in total ranging from SDG 1 – No Poverty, to SDG 17 – Partnerships for the Goals. At Ubiquity University we strongly believe students should be aware of the UN SDGs and be prepared to work towards their achievement in whatever way they can. Agenda 2030 is about a healthier planet, a healthier society and a healthier you. (Learn more at <https://sustainabledevelopment.un.org/sdgs>).

Learning Outcomes

By the end of this course your students will be able to:

- Understand the importance of soft skills and how to use them in all areas of their lives
- Explore the UN SDGs and gain a working knowledge of their implications for our global society
- Experience working with exercises and tools used in today’s global workplace
- Get to know themselves and their peers on a deeper level

Lessons

Opening Week - Introduction to Soft Skills (SE)

Module 1 - Meeting Global Challenges (SE)

Module 2 - Team Building and Collaboration (SE)

Module 3 - Innovation and Social Entrepreneurship (SE)

Module 4 - Emotional Intelligence (SE)

Module 5 - Critical Thinking/Problem Solving (SE)

Module 6 - Leadership (SE)

Module 7 - Building Global Community (SE)

Closing Week - Towards Your Future (SE)

Opening Week - Introduction to Soft Skills (SE)

- **Week 1 – Opening Module – Setting the Stage (SE) - Vietnam**
- **Week 1 – Opening Module – Overview of Program (SE) - Vietnam**
- **Week 1 – Opening Module – The Changing Business World (SE) - Vietnam**
- **Week 1 – Opening Module – Authenticity (SE) - Vietnam**
- **Week 1 – Opening Module – Multipotentialites (SE) - Vietnam**
- **Week 1 – Opening Module – Find Your Strengths (SE) - Vietnam**
- **Week 1 – Opening Module – High Level Overview: Sustainable Development (SE) - Vietnam**
- **Week 1 – Opening Module – High Level Overview: Review of SDGs (SE) - Vietnam**

Module 1 - Meeting Global Challenges (SE)

- **Week 2 – Module 1 – Part One – Embodiment (SE) - Vietnam**
- **Week 2 – Module 1 – Part One – Global Trends (SE) - Vietnam**
- **Week 2 – Module 1 – Part One – Mindfulness (SE) - Vietnam**
- **Week 2 – Module 1 – Part One – Technology and Artificial Intelligence (SE) - Vietnam**
- **Week 2 – Module 1 – Part One – Meditation - (SE) - Vietnam**

- **Week 3 – Module 1 – Part Two – Student Centering Activity (SE) - Vietnam**
- **Week 3 – Module 1 – Part Two – SDG 13 – Climate Action (SE) - Vietnam**
- **Week 3 – Module 1 – Part Two – SDG 14 – Life Below Water (SE) - Vietnam**
- **Week 3 – Module 1 – Part Two – SDG 15 – Life on Land (SE) - Vietnam**

Module 2 - Team Building and Collaboration (SE)

- **Week 4 – Module 2 – Part One – Student Centering Activity (SE) - Vietnam**
- **Week 4 – Module 2 – Part One – Trust Building (SE) - Vietnam**
- **Week 4 – Module 2 – Part One – Diversity (SE) - Vietnam**
- **Week 4 – Module 2 – Part One – Are You a Team Player? (SE) - Vietnam**
- **Week 4 – Module 2 – Part One – Inclusion and Teaming (SE) - Vietnam**
- **Week 5 – Module 2 – Part Two – Student Centering Activity (SE) - Vietnam**
- **Week 5 – Module 2 – Part Two – SDG 1 – No Poverty (SE) - Vietnam**
- **Week 5 – Module 2 – Part Two – SDG 10 – Reduced Inequality (SE) - Vietnam**
- **Week 5 – Module 2 – Part Two – SDG 5 – Gender Equality (SE) - Vietnam**

Module 3 - Innovation and Social Entrepreneurship (SE)

- **Week 6 - Module 3 - Part One - Student Centering Activity (SE) - Vietnam**
- **Week 6 – Module 3 – Part One – Thinking About Change (SE) - Vietnam**
- **Week 6 – Module 3 – Part One – Social Entrepreneurship for the SDGs (SE) - Vietnam**
- **Week 6 – Module 3 – Part One – Innovation and Design Thinking (SE) - Vietnam**
- **Week 7 – Module 3 – Part Two – Student Centering Activity (SE) - Vietnam**
- **Week 7 – Module 3 – Part Two – SDG 2 – Zero Hunger (SE) - Vietnam**

- **Week 7 – Module 3 – Part Two – SDG 6 – Clean Water and Sanitation (SE) - Vietnam**
- **Week 7 – Module 3 – Part Two – SDG 12 – Responsible Consumption and Production (SE) - Vietnam**

Module 4 - Emotional Intelligence (SE)

- **Week 8 - Module 4 - Part One - Student Centering Activity (SE) - Vietnam**
- **Week 8 – Module 4 – Part One – Emotional Intelligence (SE) - Vietnam**
- **Week 8 – Module 4 – Part One – Mental and Emotional Health (SE) - Vietnam**
- **Week 8 – Module 4 – Part One – Music, Dance, Hope and Inspiration (SE) - Vietnam**
- **Week 9 - Module 4 - Part Two - Student Centering Activity (SE) - Vietnam**
- **Week 9 - Module 4 - Part Two - SDG 3 - Good Health and Well-Being (SE) - Vietnam**
- **Week 9 – Module 4 – Part Two – Empathy (SE) - Vietnam**

Module 5 - Critical Thinking/Problem Solving (SE)

- **Week 10 - Module 5 - Part One - Student Centering Activity (SE) - Vietnam**
- **Week 10 – Module 5 – Part One – Thinking Skills/Critical Thinking (SE) - Vietnam**
- **Week 10 – Module 5 – Part One – The Cultural Art of Choice (SE) - Vietnam**
- **Week 10 – Module 5 – Part One – Problem Solving (SE) - Vietnam**
- **Week 11 - Module 5 - Part Two - Student Centering Activity (SE) - Vietnam**
- **Week 11 - Module 5 - Part Two - SDG 4 - Quality Education (SE) - Vietnam**
- **Week 11 - Module 5 - Part Two - SDG 9 - Industry Innovation and Infrastructure (SE) - Vietnam**

Module 6 - Leadership (SE)

- **Week 12 - Module 6 - Part One - Student Centering Activity (SE) - Vietnam**
- **Week 12 – Module 6 – Part One – Leadership (SE) - Vietnam**
- **Week 12 - Module 6 - Part One - Drive and Motivation of Self and Others (SE) - Vietnam**

- **Week 12 – Module 6 – Part One – Conflict Resolution (SE) - Vietnam**
- **Week 13 – Module 6 – Part Two – Student Centering Activity (SE) - Vietnam**
- **Week 13 - Module 6 - Part Two - SDG 7 - Affordable and Clean Energy (SE) - Vietnam**
- **Week 13 - Module 6 - Part Two - SDG 8 - Decent Work and Economic Growth (SE) - Vietnam**
- **Week 13 - Module 6 - Part Two - SDG 11 - Sustainable Cities and Communities (SE) - Vietnam**

Module 7 - Building Global Community (SE)

- **Week 14 – Module 7 – Part One – Student Centering Activity (SE) - Vietnam**
- **Week 14 - Module 7 - Part One - Systems Thinking (SE) - Vietnam**
- **Week 14 - Module 7 - Part One - Negotiation Skills (SE) - Vietnam**
- **Week 14 - Module 7 - Part One - Facilitation Skills (SE) - Vietnam**
- **Week 15 – Module 7 – Part Two – Student Centering Activity (SE) - Vietnam**
- **Week 15 - Module 7 - Part Two - SDG 16 - Peace and Justice/Strong Institutions (SE) - Vietnam**
- **Week 15 - Module 7 - Part Two - SDG 17 - Partnerships to Achieve the Goals (SE) - Vietnam**

Closing Week - Towards Your Future (SE)

- **Week 16 - Closing Module - SDG Wrap Up - Bringing It all Together (SE) - Vietnam**
 - **Week 16 – Closing Module – Lifelong Learning (SE) - Vietnam**
 - **Week 16 - Closing Module - Goal Setting and Getting Things Done (SE) - Vietnam**
 - **Week 16 - Closing Module - How to Change How You Think About Being Wrong (SE) - Vietnam**
- Week 16 - Closing Module - Life is Not a Journey (SE) - Vietnam**