



**ALYTAUS ADOLFO RAMANAUSKO-VANAGO GIMNAZIJOS  
DIREKTORIUS**

**ĮSAKYMAS  
DĖL NEFORMALIOJO ŠVIETIMO VEIKLOS „BENDRAVIMAS. KŪRYBIŠKUMAS.  
LAIKO PLANAVIMAS“ PROGRAMOS TVIRTINIMO**

2021 m. rugpjūčio 25 d. Nr. V-94  
Alytus

Vadovaudamasis Alytaus Adolfo Ramanausko-Vanago gimnazijos nuostatų, patvirtintų Alytaus miesto savivaldybės tarybos 2020 m. gruodžio 22 d. sprendimu Nr.T-395, 24.2 ir 33.3 punktais, įgyvendindamas Europos kaimynystės projekto „Gyvenimo įgūdžių ugdymas“ (toliau – projektas) veiklas:

1. T v i r t i n u Neformaliojo švietimo veiklos „Bendravimas. Kūrybiškumas. Laiko planavimas“ programą (Curriculum of extracurricular activities „Communication. Creativity. Time management“) (toliau – programa) (pridedama).

2. P a v e d u Alytaus Adolfo Ramanausko-Vanago gimnazijos projekto „Gyvenimo įgūdžių ugdymas“ darbo grupei, patvirtintai Alytaus Adolfo Ramanausko-Vanago gimnazijos direktoriaus 2020 m. rugpjūčio 31 d. įsakymu Nr. V-113, organizuoti projekto dalyviams neformaliojo ugdymo užsiėmimus pagal patvirtintą programą.

Direktorius

Virginijus Skroblas

Parengė

A. Kirilovas  
2021-08-25



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PATVIRTINTA  
Alytaus Adolfo Ramanausko-  
Vanago gimnazijos direktoriaus  
2021 m. rugpjūčio 25 d. įsakymu Nr. V-94

**Alytus gymnasium of A. Ramanauskas-Vanagas, Alytus**

**Curriculum of extracurricular activities  
"Communication. Creativity. Time management"  
for IX-XII classes of institutions of general secondary education**

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## EXPLANATORY NOTE

Curriculum of optional lessons "Communication. Creativity. Time Management "is designed for students in grades 9-12 taking into account their interests and needs. The need for these classes is currently determined by the following:

- expanding the independence of students in various spheres of life both on the basis of the conscious trust of adults in their skills and capabilities, and as a result of a decrease in the attention of some parents to their children as they grow up;
- a much wider circle of communication of students both in school and outside of it;
- the emergence of a sense of adulthood in students, which often does not coincide with the real process of growing up (students of this age, as a rule, overestimate their skills, life experience);
- the desire of minors to assert themselves, to declare themselves through active actions (however, in order to gain recognition from others, they do not act alone, but in a group).

In a simple model of professional competencies, skills are divided into soft skills (flexible) and hard skills (tough).

Soft skills are super-professional skills that help solve life problems and work with other people.

Hard skills are narrow professional skills that are needed to solve specific problems in everyday work.

Developed soft skills can be listed on a resume to help recruiters identify students' strengths and qualifications.

Soft and hard skills need to complement each other in order to solve problems of varying complexity. For example, it will be useful for a representative of any profession to master soft skills: communication, creative thinking, empathy, the ability to work in a team, time management, etc., as well as hard skills: possession of professional competencies.

The listed factors indicate the need to assist adolescents in adapting to the life around them through the timely acquisition of the necessary knowledge and social experience. This will allow schoolchildren to confidently act in various life situations in the most appropriate and safe way for themselves and those around them, without going beyond the law; carry out their life plans without conflict with society.

The core of the curriculum content for extracurricular activities is the formation of skills that are largely practical in life.



The purpose of the curriculum of optional classes "Learning to live in peace and harmony" is to contribute to a more effective solution of problems related to the social adaptation of adolescent schoolchildren, the formation of moral and legal culture.

Objectives of the program:

- to contribute to the formation of a student as a person with a sense of his own dignity, respecting the life, freedom and dignity of other people, law-abiding and responsible;
- to deepen students' understanding of the value for modern society of law-abiding behavior of all citizens of the republic;
- to promote the development of moral and legal culture of students and the ability to make the right moral choice in everyday relationships.

Curriculum of optional lessons "Communication. Creativity. Time Management" is designed for 105 teaching hours (35 hours in each class) and provides ample opportunities for the creative activity of the class teacher, teacher-psychologist, social teacher. During the implementation of the program, both traditional and active forms of organizing student activities are used: discussions, project activities, conferences, round tables, lessons-presentations, meetings with specialists, excursions, discussion of legal norms, etc.

The program is conditionally divided into 3 blocks:

1. Communication (grade 8 - 35 hours)
2. Creativity (grade 9 - 35 hours)
3. Time management (grade 10 - 35 hours)

## EXAMPLE THEMATIC PLANNING

### BLOCK 1. Communication - 35h. - 8th grade

No.	Name of topic	Number of hours
1.	What is communication. The meaning of communication and its types	3
2.	Interpersonal communication	2
3.	Social communication	2
4.	International communication	2
5.	Communication of the future	2
6.	Digital communication	4
7.	Applied communication	4
8.	Means of communication	4



9.	Communication strategy planning	6
10.	Communication media and their planning	6
TOTAL:		35

### BLOCK 2. Creativity - 35h. - 8th grade

<b>№ п/п</b>	<b>Name of topic</b>	<b>Number of hours</b>
11.	What is creativity and how to cultivate it	3
12.	Main personality traits	2
13.	Human psychology	2
14.	Traits of a creative personality	4
15.	Factors determining creativity	2
16.	Methods that encourage creativity	2
17.	Creativity in the digital space	2
18.	Creativity in practice (creative workshops)	10
19.	Preparation of creative work	2
20.	Presentation of creative work	6
TOTAL:		35

### BLOCK 3. Time management - 35 hours. - Grade 10

<b>№ п/п</b>	<b>Name of topic</b>	<b>Number of hours</b>
21.	Time planning goals	1
22.	Time planning attitudes and motivation	2
23.	Time planning goals	2
24.	Work planning	2
25.	Personal time planning	2
26.	Time planning methodologies	2



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27.	Principles and methods of time planning	8
28.	Practical workshops	8
29.	Development of action plans	6
30.	Setting up “time thieves”	2
TOTAL:		35