

Workshop Theme: Building Life Skills Based on Islamic Morals and Values.

Syllabus: Month 1

1. Related stories:

- (a) Abu Bakr and the slanders.
- (b) Aby hurayrah: Hungry most of the time
- (c) Prophet defeats injustice with faith and patience
- (d) Izz ad-Din al-Qassam: perseverance in the face of British, french, Italian Colonialism

2. Projects and Activities:

- (a) Create a video presentation of yourself explaining how a muslim can observe perseverance(Sabr) in different difficult situations a person may experience.
- (b) Write a poem/spoken word about the value of patience.
- (c) Write and perform a play about patience/perseverance in front of your class or in the masjid.
- (d) Create related 3D visuals/models.
- (e) Write an essay about your feelings about a hardship or a sad event that you went through and how were you able to overcome those feeling/hardship and what was a key practice that helped you.

3. Article Reviews:

- (a) An article review is both a summary and an evaluation of another writer's article. The purpose of this assignment is to introduce students to the work of experts in the field. Understanding the main points and arguments of the article is essential for an accurate summation.

- (b) The student will choose two Academic articles and/or scholarly research papers that is related to the virtue and evaluate.

4. Study questions:

- (a) The following questions will be given to the student at the beginning of the course to allow him/her to contemplate about and find the answers throughout the course. Those questions are designed to stretch the student's mind and help him/her in developing critical thinking skills.

(i) Exercise 1

- (1) What are the faces of patience? List and explain with support.
- (2) What are the benefits of patience? List and explain with support.
- (3) How did Prophet Muhammad (PBU) show his patience?

(ii) Exercise 2: Critical Thinking

- (1) Do you think patience is a passive behavior? Support your answer with an Ayah, a Hadeeth and logical arguments.
- (2) The Prophet is our role model in everything including patience and tolerance. Use what you know from the Seerah to support this statement.

(iii) Exercise 3:

- (1) Identify and write the Du'aa a Muslim should say asking Allah to help him/her when a calamity hits.
 - a) Arabic Text
 - b) English Text

(iv) Exercise 4:

- (1) Identify and write the Hadeeth on patience with others and tolerating their mistakes.
 - a) Arabic Text

b) English Text

5. Community Service:

- (a) Min. of 2 hours per month
- (b) Develops an increased sense of social responsibility—a global view of society and a heart for "giving back" and helping others.
- (c) Exposes teens to diversity and multiculturalism.
- (d) Provides an opportunity to apply academic learning to real human needs
- (e) Improves communication and critical thinking skills.
- (f) Helps students stand out among other applicants; admissions officers want well rounded co-eds who volunteer; service work is a leading decision-making factor after a student's GPA and SAT scores.
- (g) Helps students find their passions and interests that may lead to a career choice they may have not considered.

6. Action Plan:

- (a) Based on the hadeeth: إنما العلم بالتعلم والحلم بالتحلم

With this Students will understand an important idea of the virtue of patience. Like any other skill, one is not necessarily born with it, but can rather be developed and trained to acquire it based on research and hadeeth.

List of life skills (For Future Syllabi):

1. Assertiveness
2. Time Management

- 3. Conflict Management**
- 4. Gratitude**
- 5. Decision Making Process**
- 6. Personal Hygiene**
- 7. Dealing with Peer Pressure**
- 8. Effective Communication**
- 9. Focus and Self Control**