



TRINITY OPEN UNIVERSITY OF ASIA

The University of the Future: Leading to a Resilient, Sustainable and Viable Premier Christian University
Open Distance e-Learning | Extension Program | Certification Program | Microcredentialing | Continuing Professional Development Program



Course Title	Future-Proofed Skills: The Armory Framework for Lifelong Learning
Course Instructor	Assoc. Prof. Ian R. Lana, Ed. D. Faculty, College of Arts, Sciences, & Education Trinity University of Asia, Quezon City Philippines
Duration	15 Weekdays (3 hours per day)
Target Audience	College Students
Course Description	The course uses the powerful metaphor of the Armor of God in Ephesians 6:10-18 as a strategic framework, where each piece represents a critical discipline or mindset required to build a resilient professional skill set in the modern era. The course is designed to help college students strengthen their lifelong learning mindset and discover practical ways to stay adaptable, resilient, and purpose-driven in a rapidly changing world.
Course Learning Outcomes	By the end of this course, participants will be able to: 1. Audit their skills and identify learning gaps through self-assessment and strategic planning. 2. Align their professional goals and skill development with personal ethics and social responsibility. 3. Demonstrate adaptability and readiness by developing transferable, T-shaped skills for collaborative work environments. 4. Develop resilience by managing risks, learning from failure, and building peer support networks. 5. Maintain cognitive and emotional well-being to sustain lifelong learning and creativity. 6. Synthesize interdisciplinary knowledge to create innovative solutions addressing real-world challenges.
Course Structure	Week 1: Lifelong Learning and Self-Audit; Ethics, Purpose, and Social Responsibility Week 2: Adaptability and Transferable Skills; Resilience and Growth Mindset Week 3: Cognitive Health and Vision; Integration and Innovation



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Course Syllabus

Module Title	Topic	Learning Outcome	Objectives	Activities	Assessment Method	Time Allocation
Module 1 -	Introduction of the Course	Understand the course structure, expectations, and outcomes	Introduces the course and defines the meaning, purpose, and importance of lifelong learning in personal and professional growth.	Lecture and discussion on lifelong learning.	Participation and engagement.	3 days (9 hours)
	Equipping with the Belt of Truth: The Armory Framework	Connect the metaphor of “armor” with personal growth.	Explain the Armory Framework and its components.	Self-assessment activity using the Armory Framework.	Group output and sharing.	
	Lifelong Learning and Self-Audit	Audit personal skills and identify learning gaps through self-assessment and strategic planning.	Conduct a self-audit to identify strengths, weaknesses, and growth opportunities.	Reflection sharing and peer discussion.	Skills Audit Worksheet and reflection sharing.	
Module 2 -	Ethics, Purpose, and Social Responsibility	Align professional goals and skill development with personal ethics and social responsibility.	Recognize ethical principles and their role in professional life. Analyze case studies related to ethical dilemmas. Write a personal Ethical Learning Charter.	Case study discussions on ethics and values. Workshop on writing an Ethical Learning Charter. Group feedback session.	Ethical Learning Charter and group presentation.	2 days (6 hours)
Module 3 -	Adaptability and	Demonstrate adaptability and readiness by	Define adaptability and transferable skills.	Lecture on adaptability and teamwork.	Skill Mapping output and group	3 days (9 hours)



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	Transferable Skills	developing transferable, T-shaped skills for collaborative work environments.	Apply collaboration and teamwork strategies in digital contexts. Design a skill transferability map.	Group simulation activity. Workshop on T-shaped skills mapping.	collaboration performance.	
Module 4 -	Resilience and Growth Mindset	Develop resilience by managing risks, learning from failure, and building peer support networks.	Explain the concept of resilience and growth mindset. Reflect on experiences of failure and recovery. Develop a personal “Doubt Extinguisher Checklist.”	Lecture and discussion on resilience. Case study analysis and group reflection. Workshop on creating a personal checklist.	Completed Checklist and oral reflection.	2 days (6 hours)
Module 5 -	Cognitive Health and Vision	Maintain cognitive and emotional well-being to sustain lifelong learning and creativity.	Identify strategies for cognitive and emotional wellness. Practice mindfulness and focus activities. Develop a 3–5-year career roadmap integrating wellness and purpose.	Mindfulness and focus exercises. Guided career roadmap creation. Peer review and coaching activity.	Career Roadmap submission and participation in peer review.	3 days (9 hours)
Module 6 -	Integration and Innovation Course Evaluation	Synthesize interdisciplinary knowledge to create innovative solutions addressing real-world challenges.	-Integrate learning from previous modules into one cohesive framework. Develop and present an innovation or project. Reflect on one’s lifelong learning journey.	Project preparation and consultation. Presentation of projects. Course reflection and evaluation.	Project Presentation and Final Reflection Essay.	2 days (6 hours)



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