

## **Integrating Life Skills into First-Year Curricula: A Scalable Strategy for Student Mental Health and Resilience**

*Juan J. Araya (Costa Rica)*

A pilot initiative at the School of Chemistry, University of Costa Rica, integrates life skills education into the first-year chemistry curriculum to promote student mental health and resilience. Delivered as a six-session module within a mandatory course and facilitated by certified health professionals, the program reached all incoming students without adding to their academic load. Participants reported highly positive feedback, highlighting the module's relevance and accessibility. By addressing ten WHO-defined life skills, the initiative strengthens personal growth and well-being while offering a scalable and transferable model for higher education institutions in diverse contexts.