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DEVELOPMENT OF CAI PACKAGE ON LIFE SKILLS EDUCATION FOR TEACHER TRAINEES AT B.Ed. LEVEL

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ABSTRACT:

The computer has witnessed a wide range of applications at all levels of education. It has also found its way into the classroom also. Various researches have indicated that appropriate use of computer for any kind of instruction can improve teaching and learning. This research was carried out to develop and validate a computer aided instructional package in life skills education for teacher trainees at B.Ed. level. Several researches have indicated the importance of life skills in present scenario. The package was produced in

PowerPoint format using Microsoft PowerPoint as platform. The validation of the package was also carried out. In the end the package was found to produce a good achievement level in the teacher trainees, when used for life skills education instruction. This package is very useful to those who are interested to take knowledge about core life skills. This package is particularly designed to give flexible and, easy information about 10 core life skills to teacher trainees.

KEYWORDS: life skills education, computer aided instruction.

INTRODUCTION

The use of computers has dominated the human activities in all respects. Computer now become the landmark of global education. Computer programs are interactive and can illustrate a concept through attractive animation, sound, and demonstration. They allow students to progress at their own pace and work individually or problem solve in a group. Computers provide immediate feedback, letting students know whether their answer is correct. If the answer

is not correct, the program shows students how to correctly answer the question. Computers offer a different type of activity and a change of pace from teacher-led or group instruction.

CAI package was an interaction media play an important role in computer context act as a teacher. CAI package can provide a more stability presentation. Audience can obtain the message and information in dynamic form through CAI package. CAI package will be present in various computer interfaces either in two or three dimension. CAI package also present in good visual looking with nice graphic and animation. CAI package also can included hundreds of note in a small right package. The main objective of this

study is to introduce computer aided instructional package in 10 core life skills.

What are 10 core life skills??

The 10 core life skills as recommended by WHO are as follows

- Self-awareness
- Empathy
- Effective communication
- Interpersonal relationship
- Coping with stress
- Coping with emotions
- Creative thinking
- Critical thinking
- Decision making
- Problem solving

RESEARCH PROBLEM

Research problem under study was “Development of Computer Aided Instruction package of life skills education for teacher trainees at B.Ed. level”.

PURPOSE OF THE STUDY

The main purpose of this study was to transform the 10 core life skills of life skills education curriculum for the B.Ed. course of GGSIP University into a computer aided instructional software. Then package converted in to CD-ROM which could be used for teaching and learning of life skills at B.Ed. level. Validation of the package was also done to ensure its suitability and its effectiveness in enhancing the teaching and learning of life skills concepts with the help of computer.

METHODOLOGY

To develop computer aided instructional package on 10 core life skills various steps were used. By following these steps researcher developed computer aided instructional package on 10 core life skills, utilizing MS PowerPoint presentation application tool .Following steps were followed.

1-Selection of the content and section

First of all selection of teaching unit should be done. For this, the unit under selection should carry higher dynamic matter was selected in the manner that animation effect could be implied on it. Further, target medium and standard was also kept in mind.

For this, the researcher referred various books cited in bibliography and prevailing text-books of life skills, documents available and various other resource books and internet. With the help of various textbooks different information regarding life skills was collected. The content was carefully selected and arranged, according to the level and need of the teacher trainees of B.Ed. level. The concept of 10 core life skills and its different kinds, were the main parts. Definition, explanation as well as examples were also formed. The major sections included in the package are:

- Unit1 introduction to life skills – the concept:
- Unit2 life skills education
- Unit3 skill of self-awareness
- Unit4 Skill of empathy
- Unit5 skill of effective communication
- Unit6 skill of interpersonal relationship
- Unit7skill of coping with stress
- Unit8 skill of coping with emotions
- Unit9 skill of creative thinking
- Unit10 skill of critical thinking
- Unit11 skill of problem solving
- Unit12 skill of decision making
- Unit13 Techniques for developing life skills
- Unit14 Interaction of life skills

2-Determination of instructional objectives

The researcher determined the following instructional objectives after deciding the content and the unit.

- To make the students aware of the concept of life skills.
- To enable the students to identify different kinds of life skills.
- To enable the students to understand the aspects of life skills.
- To enable the students to understand the aspects of life skills education
- To make them to comprehend kinds and elements of life skills by listening, reading and visualizing.

To arouse students' curiosity by presenting the unit on computer in computer aided instruction with multimedia approach.

To promote interest of the students in learning life skills.

3-Construction of the storyboard

The researcher prepared the storyboard on the basis of the instructional objectives. While selecting the subject matter, the level of the learners, and also the expected knowledge were kept in mind. At the time of analyzing and planning of the content, its style of presentation was decided. It was in the form of pictures, graphics or a combination of both. Presentation of content in the form of facts, rules, principles or concepts, accordingly information was provided.

4-Drafting of the text

On the basis of story board, the text was prepared. - Various prescribed text books and materials and software's collected by extensive searches on the internet were referred for the purpose. The prepared content was then computerized using a suitable true type font. Microsoft PowerPoint software was basically used to prepare the text as well as presentation. Various pictures were saved in jpeg format and inserted in to appropriate places in original PowerPoint presentation. With the help of tube mate various videos on life skills were downloaded and incorporated into the proper places in the original PowerPoint presentation package.

5-Development of graphic files

To make the programme more attractive and effective for the students, graphics, in digital forms, i.e., photographs were collected from internet. Pictures and graphics were saved in .jpeg file format as they were smaller in size and faster to load. Approx 490 graphics in form of pictures and figures were used. All animations were created using PowerPoint programme's animation facilities. Mostly "Appear and Wipe" effects were utilized.

6-Development of PowerPoint slideshow

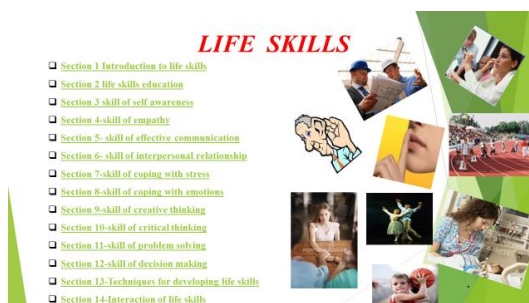
The researcher prepared the slide show utilizing PowerPoint application tool of MS Office 2003 Version on the base of the flow chart, story board, content matter and various graphics the researcher developed the slide show in the form of 540 slides.

Brief Description of fourteen sections of the package

1. The first unit/section was designed to introduce the concept life skills to the teacher trainees. For example: After learning the first unit, teacher trainees can define life skills.

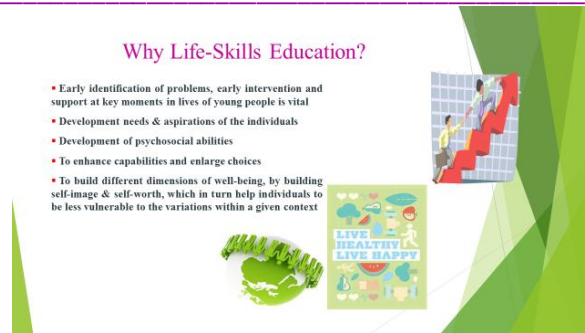


slide 1- Introductory slide



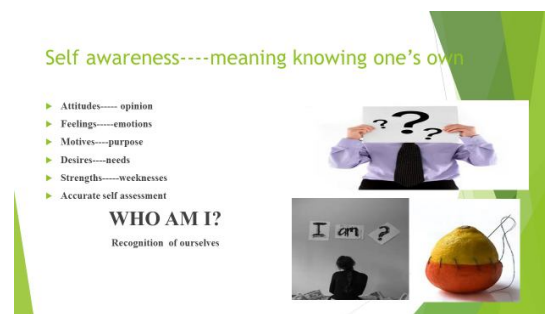
slide 2 showing 14 sections of the package

2. Second unit describes the concept of life skills education along with its importance for teacher trainees.



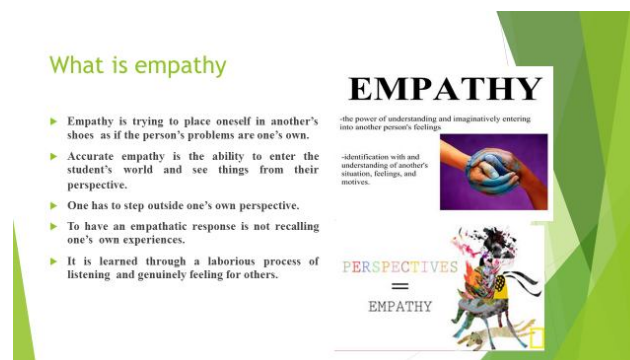
slide 3 showing importance of life skills education

3. Third unit describes the important features of self-awareness skill. Self esteem, self image etc along with pillars of self awareness and methods of becoming self aware will be clear to the teacher trainees.



slide 4 showing concept of self awareness skill

4. The fourth unit was prepared to familiarize the teacher trainees the concepts of empathy skills . For example: After learning this unit, teacher trainees can be aware of importance of empathy in daily life , need of empathy, techniques to develop empathy and will be familiar with the significance of empathetic behavior.



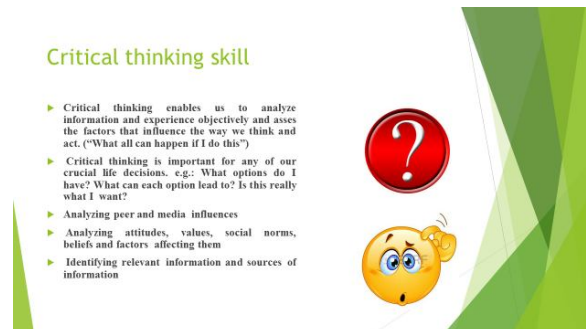
Slide 5 showing concept of empathy

5. The fifth unit was prepared to understand the concept of effective communication skills among the teacher trainees. For example: they will be familiar with communication process, elements of effective communication, types of communication, factors affecting communication, barriers of communication and importance of effective communication as a skill..



Slide 6 showing concept of effective communication skill

6. The sixth unit was prepared to provide a clear understanding about the concept of interpersonal life skill. For example: they will be familiar with the types of relationships, factors affecting relationships, methods to improve relationships components of interpersonal relationship and importance of interpersonal relationship especially in teaching.
7. The seventh unit of package is based on the concept of skill of coping with stress, causes of stress, types of stress, and symptoms of stress and methods of coping with stress. Stress management is also described in this unit.
8. The eighth unit of this package was prepared to give a clear knowledge about the concept of skill of coping with emotions, meaning, sources and characteristics of different emotions along with the strategies of coping with emotions are explained in this unit along with the examples of daily life in the PowerPoint presentation.
9. The ninth unit of this presentation is about the concept of creative thinking skill .meaning methods and importance of creative thinking, tools and techniques of creative thinking, significance of creative thinking and characteristics of creative thinker is described in this package.
10. The tenth unit of the PowerPoint presentation is about the skills of critical thinking ,concept of critical thinking, importance of critical thinking for students, society aspects of critical thinking, process of critical thinking, importance of critical thinking and techniques of enhancing critical thinking in students.



Slide 7 showing concept of critical thinking skill

11. The eleventh unit of this package is about the problem solving skill. Steps of problem solving, process of problem-solving skill, along with the example of problem solving skill.
12. The twelfth unit of this presentation describes the concept of decision making skill. This unit is particularly about the stages and factors affecting decision making. Importance of decision making process of decision making and steps of decision making is also shown in this unit.

decision making skill-

- ▶ Meaning of decision-
- ▶ It is a choice that one makes between two or more possible options.one will need to make more and more decision as he /she goes through life.some of these decision will affect him/her the rest of his/her lives.decision making is the process of making a decision.
- ▶ Types of decision
 - ▶ Impulsive(without thinking)
 - ▶ Rational involves reasoning

Q1. Those competencies that assist people in the environments in which they live

- A. Life Skills
- B. Job Skills
- C. Personal Skills
- D. Functional Skills



slide 8 showing concept of decision making skill

13. The thirteenth unit is about the teaching techniques for effective teaching and enhancing life skills. In each slide different methods are shown

Teaching techniques for effective teaching and enhancing life skills

- ▶ Class discussions/group discussions
- ▶ Brainstorming
- ▶ Demonstration and guided practice
- ▶ Role plays
- ▶ Audio and visual activities, e.g., arts, music, theatre, dance
- ▶ Buzz group
- ▶ Games and situations
- ▶ Situation analysis and case study
- ▶ Debates
- ▶ Story telling
- ▶ Collage
- ▶ Question box
- ▶ Quiz
- ▶ Field visits
- ▶ Study assignment

Q1. Those competencies that assist people in the environments in which they live


- A. Life Skills
- B. Job Skills
- C. Personal Skills
- D. Functional Skills



Slide 9 showing techniques for teaching life skills

14. In the last section interaction and interdependence of life skills are shown. In this section importance of life skills and life skills education, need of life skills and areas where life skills can be employed are explained. Following slides showing testing of knowledge and MCQ's after each section.

Test your understanding



Q1. Those competencies that assist people in the environments in which they live

- A. Life Skills
- B. Job Skills
- C. Personal Skills
- D. Functional Skills

Q5. A behaviour change or behaviour development approach design to address a balance of three areas knowledge attitude and skills

- A. Life Skills
- B. Job Skills
- C. Personal Skills
- D. Functional Skills

Q1. Those competencies that assist people in the environments in which they live

- A. Life Skills
- B. Job Skills
- C. Personal Skills
- D. Functional Skills

Slide 10 showing feedback of wrong response slide 11 showing feedback of right response

Any life skill involves knowing how to make the right choices. So this package was based on providing knowledge by content approach, to teach teacher trainees about, how to do it, to give them only information about 10 core life skills.

The final version of the instructional package on life skills education for the secondary school teacher trainees consists of 534 slides with 14 sections pictures and videos related to life skills are incorporated in proper places. Each section is having multiple choice question after the presentation on each skill to check the knowledge of life skills of teacher trainees by self-check method. After answering each MCQ there is facility of quick feedback, which confirms the learner that his response to the particular question is right or wrong.

To maintain the attraction and curiosity videos are also included in this package related to life skills, which are directly downloaded from the internet by tube mate software facility and then incorporated in particular places.

The self-learning Computer aided instructional package is developed in order to enhance the secondary school teacher trainees' knowledge on life skills. A secondary school teacher must be aware of life skill concepts and try to include in his/her daily class room transaction through curricular and co-curricular activities within the school atmosphere. The material tried to give knowledge to teacher trainees about core life skills.

Microsoft office PowerPoint programme was used to show presentation slides, combining text and images for creating captivating and motivating presentations. Keeping in mind the 10 core life skills 14 units were prepared for presentations. Content, pictures and videos presenting the each unit were incorporated in subsequent slides. During this various principles like from simple to complex, from known to unknown were also taken care of. The aesthetic point of presentation was also kept in mind. In order to make the presentations effective the presentations were edited and formatted. All the slides were ordered sequentially and numbered as well.

7-Tryout and experts opinion

After the package was developed, the filtration was done in two ways.

Experts Opinions. The prepared package was shown to technical as well as subject experts. Their suggestions were sought regarding the appropriateness of the slide format, fonts, objects, colour background design, animation, slide transition and graphics. For assessing and deciding the content, its coverage, analysis, order of presentation, its methodology and validity, psychology and education teachers of few reputed institutions of Delhi and Srinagar City were consulted and their suggestions were duly followed.

TRYOUT.

The effectiveness of any teaching-learning material can be judged taking the feed-back of its user for whom the whole package is designed. Hence tryout, the whole package was presented to a small group of students and their reactions and responses were noted. Thus the views of both the experts and the users were kept in mind and due weightage was given to them in finalizing the package. Finally CAI Package was evolved which included the following:

- CD ROM

The final version of the CAI Package has 534 slides and the file size is around 14 MB. With this CAI package students can learn about life skills anywhere anytime.

CONCLUSION

Secondary school teacher trainees has a very important function to impart appropriate messages to the future generation not only through his/her secondary school students but also through his/her own role model and personal example. For the same each teacher trainee should have an awareness on life skills, life skills education etc. The material was developed, keeping in mind the idea that, it may hopefully be useful to help secondary school teacher trainees to be alive to the task expected of them as highlighted in the National Curriculum Framework (NCF 2005).

The self-learning material was developed in order to enhance the secondary school teacher trainees awareness on life skills. A secondary school teacher must be aware of life skill concepts and try to include in his/her daily class room transaction through curricular and co-curricular activities within the school atmosphere. The material tried to give guidelines for organizing different activities within and outside the classroom to promote understanding of life skills. This cai package was successfully developed to provide useful information regarding life skills.

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