

Vol 7 Issue 2 Nov 2017

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

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RNI MAHMUL/2011/38595

ISSN No.2249-894X

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

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INCULCATING LIFE SKILLS THROUGH CLASSROOM TEACHING



ABSTRACT: -

Education is nothing but the all round development an individual. Education helps an individual to make his life meaningful and cultured. It teaches how to live life successfully. Every individual has certain goals in life and he/she tries to achieve them through education. During his/her school education he/she acquires certain skills to lead a happy life, which is, requires for an individual in the democratic society. These skills are known as LIFE SKILLS. While creating atmosphere for teaching and learning teacher has to keep in mind that these skills have to be inculcate in the students.

KEYWORDS: Life Skill, Classroom Teaching.

INTRODUCTION :

CONCEPT OF LIFE SKILLS-

The World Health Organization (WHO) has defined Life Skills as 'the abilities to face the day-to-day complex situations successfully and adjust with them efficiently.' It has given ten life skills, which help to lead the peaceful and happy life. These skills are-

- Problem Solving Skills
- Critical Thinking Skills
- Decision Making Skills
- Effective Communication Skills

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- Empathy
- Creative Thinking Skills
- A skill to cope with Emotions
- Interpersonal Relationship Skills
- Self- Awareness Skills
- Skills to cope with Stress.

DESCRIPTION OF THIS SKILLS-

1. Problem Solving Skills- Life without problem is mere a dream! For living a successful life one needs the ability to identify the problems their sources and solutions. Identification of problem is the first step of solving the problem. After identification the causes should be handled carefully. Recognition of what are the solutions and modes to solve the problem is the ability of problem solving.

2. Critical Thinking Skills- Skills of estimation of positive and negative dimensions of an experience or event without the influence of personal bias is critical thinking. Here there is no use of subjective opinions and views. It is objective in nature.

3. Decision Making Skills- After understanding the advantages and disadvantages of situation, its effect in future and an individual takes the decision is called Decision Making Skills. It needs the ability of critical thinking.

4. Effective Communication Skills- it is said that, 'Language is purely human!' it means it is the ability to convey ones thoughts, ideas, desires, and dreams to others. Effective communication plays an important role in the life of an individual so through classroom these skills should be developed.

5. Empathy- Empathy is the ability to imagine our self in the position of others or another person and to feel and understand the happenings of that person.

6. Creative Thinking Skills- The ability to form new and

original things from the available information is creative thinking. It needs divergent thinking and the art of exploration.

7. A skill to cope with Emotions- It is said that sound mind always helps to manage our own emotions. To cope with our emotions means one has to consider the surroundings and circumstances around him/her. It needs the person as emotional manager.

8. Interpersonal Relationship Skills- Interpersonal relationship is nothing but the maintenance of healthy social relationship. One's behavior should be friendly, helpful and caring for others. It helps to maintain peaceful and healthy social contacts.

9. Self-Awareness Skills- There is a proverb 'Know Thyself!' It means one should know one's strengths and weaknesses, one's likes and dislikes. Self-awareness makes the person efficient and live.

10. Skills to cope with Stress- Coping with stress means to relieve one's stress constructively without affecting one's morale. It is one of the abilities of the person, which helps the person to live peaceful and healthy life. To cope with stress the student should keep in mind-

- Setting small goals.
- Breaking task into small manageable chunks.
- Focusing on one's strengths.
- Open talk with others about the problems.
- Lowering unrealistic expectations.
- Taking a long breath.

ALL THESE CAN HELP TO COPE WITH STRESS.

The above said Life Skills should be developed among our students through education. In order to provide learning experiences the teacher has to plan the activities and programs. Before planning he should know the proper meaning of the Life Skills to be inculcate among students. While plan out the program teacher should keep in mind "catch them young!"

Some of the innovative and creative programs are suggested here to inculcate the Life Skills among students through classroom.

• **Projects-** students must be given some projects on different subjects or issues. These projects can be handover to a small group including students of varying tastes. The projects should be-

- Small and suitable for the age group of students.
- Planned in all the subjects included in the curriculum.
- Based on the environment or context of the school.

For these projects students need guidance that should be provided by the concern teacher or group of teachers. It should be supervise by the school administration. Number of Life Skills can be developed through these projects. They are-

- The students interact with each other and learn how to communicate effectively.
- They are engage in solving the problem so critical thinking ability can be developed.
- They think divergently to solve the problem. It help them to form a creative thing. It means these projects help to develop the creativity or creative thinking of the students.
- In order to complete the work they consult to each other and learn interpersonal relationship skills.
- Being the member of a project group they also learn to be empathic with others.
- While working in a group they come to their strengths and weaknesses. It makes them self aware about himself/herself.

Not only the projects but various activities can be conducted to inculcate the life skills among students. These are-

Language Games.

Competitions- essay writing, elocution, debating, singing, drawing, craft, jewelry making and many more.

Though all these projects and activities help them to develop Life Skills but teacher is the most important person who guides and encourages them to work. So the teacher must be enthusiastic, innovative, sincere and

commutative. He should know how to select and plan the projects and programs properly.

Through different subjects the Life Skills can be inculcate among the students.

For example through Language Communication Skills, interpersonal relation skills, empathy creative thinking can be developed.

Social Sciences help to inculcate decision-making, problem solving, creative thinking, critical thinking, skills to cope with emotions and self-awareness skills.

Through Science Study critical thinking, decision-making, creative thinking skills to cope with stress, problem solving and interpersonal skills can be inculcated.

Some other projects can be conducted as per the age group of students. They are listed below-

- Conducting morning assembly.
- Planning of various National and International Days.
- Cultural activities.
- Sports Activities.
- Training for Disaster Management.
- Formation of Alumni Association.
- Preservation of Environment.
- Clean and Green Project.
- Awareness about Global Warming.
- Duties and Rights of the Indian Citizens- simulated activities.
- Conduction model Police Station, Bank, Post Office, Gram panchayat, Zilha Parishad, Railway Office, Court, Parliament etc.

The above-mentioned projects can be apply for the students of Secondary schools and onwards. Because the students should be able to work as per the guidelines given by the teacher. It shouldn't mean that the teacher should expect the perfect work as per his guideline. He should always keep in mind that these projects are conducted to inculcate the life skills among students, so naturally they need sufficient time for thinking and to do their work. The project should handover to the group of 8- 10 students. Teacher should supervise it properly and motivate the students to complete the projects. It is also a teacher who create environment purposely for learning and provide the infrastructure and technical facilities to the students.

As these are the skills required for happy, peaceful and successful life education is the tool to achieve these skills. To achieve the ultimate goal of education - 'to develop the innate potentials of an individual' life skills should be inculcated among the students through school subjects. This is possible only when the teacher can understand the need and meaning of these skills. How one can lead a successful life is totally depends on his life style and life style is nothing but the other side of a coin called life skills! As said by Vinoba Bhave the great educationalist, that 'the future of a country depend on none other than the teacher!' so it is our responsibility to conduct the programs to inculcate the life skills among students.

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