

## LIFE SKILL DEVELOPMENT THROUGH PROFESSIONAL COURSES

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### **Abstract-**

*We need to teach student essential life skills. They cannot learn life skills out of a book or at school. These skills are learning from their parents and from other important adults and role models in their lives. We need to help our student learn how to be resourceful. Good life skills are the basis for getting along with others, fitting in to society, and having the confidence to believe "I can." Student will have such a positive start to life. Passing on and teaching life skills, is a parental and teacher responsibility. This paper is giving idea about life skill and how to develop life skill among student.*

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### **Introduction**

Children are born they are on a journey to independence. But to live independently without us one day, as adults, we need to teach them essential life skills. They cannot learn life skills out of a book or at school. These are things they learn from their parents and from other important adults and role models in their lives. We need to help our student learn how to be resourceful – can they solve every day little problems? Do they know how to protect themselves from danger? Are they resilient – can they bounce back from adversity, when things go wrong? Does your child have the ability to keep trying? Are they fundamentally honest and do they respect others? Good life skills are the basis for getting along with others, fitting in to society, and having the confidence to believe "I can." With all of this in place your student will have such a positive start to life. Passing on and teaching life skills, is a parental responsibility.

These life skills are taught to the students through teacher training courses.

**"Life skills" are defined as psychosocial abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and inter-personal skills for communicating and interacting effectively with others. UNISEF**

There are Many types of life skills, Let us now understand meaning of each life skill in detail.

**(a) Critical thinking skills/Decision-making skills:****(i) Decision making skills:**

Decision-making is a process to determine alternative and constructive solutions about problems.

**(ii) Critical thinking skill:**

Critical thinking skill is an ability which helps to analyze information and experiences in an objective manner. It also helps us to evaluate the influence of decisions taken on our own values and values of people who are near to us.

Adolescents are most of the time influenced by media and peers. This skill can assist them to assess the pros and cons of the situation and help them to evaluate their actions.

**(iii) Problem solving skill:**

It is an ability to identify the problems correctly, understanding its sources and causes very constructively. These causes have to be reduced or eliminated. This skill also assists in choosing the best alternative from many to solve the problem.

**(b) Interpersonal/Communication skills****(i) Effective communication**

Communication is an important process which is used by an individual to transfer ideas, information or feelings to others. Unless the communication is effective, the purpose of communication fails. Effective communication skill helps to express oneself both verbally and non-verbally through gestures, in way that messages are not distorted and, moreover, it is appropriate to one's culture and situation.

Therefore, effective communication includes active listening, ability to express feelings and giving appropriate feedback.

**(ii) Negotiation/refusal skill**

Sometimes, an individual is put in a situation, where he/she does not want to remain for a long time. This induces lot of dissatisfaction in an individual. For example, a child is bullied or abused by his/her classmates. This can put him/her in a state of depression or detachment. Then, negotiation skill will help that child to negotiate, without getting aggressive towards them and thus helping him/her to become more acceptable.

**(iii) Empathy**

It is an ability to imagine and understand what life is like for another person, even in a situation that you may not be familiar with. It is important for an adolescent to develop positive outlook towards others and feeling of cooperation, which is necessary for preparing the foundation for adulthood.

**(iv) Interpersonal skill**

Team work is required to the successful completion of a project. For example, if you want to

organize an exhibition in your school, then, who all will provide you help? The Principal, your colleagues, or the fellow students? The skill, which is required to co-ordinate work with The involvement of the people, is called Interpersonal skill. This skill helps an individual to relate in a positive way with fellow beings.

Development of this skill enables an individual/adolescent to be accepted in the society. He/she also develops the acceptance of social norms, which is essential to prevent an adolescent to follow delinquent behavior.

(c) **Coping and self-management skills**

(i) **Coping with stress/stress management**

Adolescence is a vulnerable period of development and rapid developmental changes causes stress. Erickson has propounded that in this period individual wants to have his/her own identity. If proper direction is not given then he/she feels stressed out. Therefore, this skill helps in recognizing the sources of life stress and directs an individual to choose a way that can control the heightened stress level.

(ii) **Coping with emotions**

Briggs concluded that emotional development is complete by the age of 2 years. The adolescent generally shows heightened emotions as compared to an adult and we end up in concluding that this group is immature.

This skill is involved in recognizing the emotions and also helps to respond to those emotions appropriately. Since, emotions also influence the overt behavior, the skill becomes more important for the constructive personality development.

(iii) **Skill of self evaluation/self awareness**

This skill includes the recognition of one's self esteem, internal locus of control, likes and dislikes. If an adolescent is able to recognize them, then he/she starts believing that they can make a change in the world. Therefore, they start looking at themselves and world more positively.

Communication skill is important since it is important for every student and teacher. The ability to communicate effectively is important in relationships, education and work. Here are some steps and tips to help you develop good communication skills. These life skills are developed from ( B. Ed )teacher training curriculum .among these life skill , every teacher training specially develop communication skill.

1. **Know what communication really is.** Communication is the process of transferring signals/messages between a sender and a receiver through various methods (written words, nonverbal cues, spoken words). It is also the mechanism we use to establish and modify relationships.

2. **Have courage to say what you think.** Be confident in knowing that you can make



worthwhile contributions to conversation. Take time each day to be aware of your opinions and feelings so you can adequately convey them to others. Individuals who are hesitant to speak because they do not feel their input would be worthwhile need not fear. What is important or worthwhile to one person may not be to another and may be more so to someone else.

3. **Practice.** Developing advanced communication skills begins with simple interactions. Communication skills can be practiced every day in settings that range from the social to the professional. New skills take time to refine, but each time you use your communication skills, you open yourself to opportunities and future partnerships.

4. **Make eye contact.** Whether you are speaking or listening, looking into the eyes of the person with whom you are conversing can make the interaction more successful. Eye contact conveys interest and encourages your partner to be interested in you in return.

5. **Use gestures.** These include gestures with your hands and face. Make your whole body talk. Use smaller gestures for individuals and small groups. The gestures should get larger as the group that one is addressing increases in size.

6. **Don't send mixed messages.** Make your words, gestures, facial expressions and tone match. Disciplining someone while smiling sends a mixed message and is therefore ineffective. If you have to deliver a negative message, make your words, facial expressions, and tone match the message.

7. **Be aware of what your body is saying.** Body language can say so much more than a mouthful of words. An open stance with arms relaxed at your sides tells anyone around you that you are approachable and open to hearing what they have to say.

8. **Manifest constructive attitudes and beliefs.** The attitudes you bring to communication will have a huge impact on the way you compose yourself and interact with others. Choose to be honest, patient, optimistic, sincere, respectful, and accepting of others. Be sensitive to other people's feelings, and believe in others' competence.

9. **Develop effective listening skills:** Not only should one be able to speak effectively; one must listen to the other person's words and engage in communication on what the other person is speaking about. Avoid the impulse to listen only for the end of their sentence so that you can blurt out the ideas or memories your mind while the other person is speaking.

10. **Pronounce your words correctly.** People will judge your competency through your vocabulary. If you aren't sure of how to say a word, don't use it.

11. **Use the right words.** If you're not sure of the meaning of a word, don't use it. Grab a dictionary and start a daily habit of learning one new word per day. Use it sometime in your conversations during the day.

12. **Develop your voice** –In fact, a high and soft voice can make you sound like prey to an aggressive co-worker or make others not take you seriously. Begin doing exercises to lower the pitch of your voice. Try singing, but do it an octave lower on all your favorite songs. Practice this and,

after a period of time, your voice will begin to lower.

### Conclusion:

A life skill offers many potential benefits to student. These benefits include increased self-esteem, greater liking for school and colleges, enhanced inter-ethnic ties, and improved complex thinking. Furthermore, a Life skill offers one small ray of hope that we can move away from the all-too-present unhealthy forms of conflict and competition that plague our world today. However, Life skills acquire may be difficult at first. It requires some initial thought, some long-term vision, and some persistence to succeed. Often, students may not be familiar with these life skills. Fortunately, the Life skills allows us to learn.. With these Life skills, we and our students can enjoy and benefit from Life skills in the classroom and beyond. .

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