

Role of the educational sector in the development of Life Skills

In school education, the content pedagogical processes are expected to develop skills related to all the subject areas that are part of the school curriculum. However, it is commonly felt that the transaction process of the school curriculum has not been able to lay the desired emphasis on skill development, and more so on life skills development. The existing teaching – learning methods focus mainly on the transmission of information and the imparting of knowledge to the learner. There is an urgent need, therefore, to ensure that school education lays greater emphasis on the development of life skills.

Key life skills

Life skills include psychological competencies and interpersonal skills that help people to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others, and manage their lives in a healthy and productive manner. Essentially there are two types of skills – those related to thinking, called **thinking skills**, and those dealing with others, called **social skills**.

Young people as advocates need both thinking and social skills for consensus building and for advocacy on issues of concern. Thinking skill relates to reflection at a personal level whereas social skills relate to interpersonal and do not necessarily depend on logical thinking.

Combination of both these skills are required for learning assertive behavior and negotiating effectively.

The ten core life skills as defined by WHO are :

1. Self – awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem solving
7. Effective communication
8. Interpersonal relationship
9. Coping with stress
10. Dealing with emotions

Life- skills education is necessary to form the foundation for promoting physical, social, and mental well – being, healthy interaction with others and positive behavior among adolescents. These skills enable the youth to translate knowledge, attitude, and values into actual abilities, it means the youth is able to decide about, **‘what to do and how to do It.’** These life skills contribute towards developing among the youth a proper perception of self – efficacy, self – confidence, and self esteem. They influence the way

they feel about themselves and others and also the way that they think others perceive them. School teachers and mentors should make a sincere effort to enhance these life skills by using interactive methods like group discussions, brainstorming, skits and role play ,question box, case studies ,games ,debates, quiz competitions, Crossword puzzles pictorial and application of theoretical knowledge practically to make learning more joyful and interesting for the student. Let them learn by doing other than make them just bookworms. These Life Skills will make them more humane and a better individual .

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