



## **PROFESSIONAL DEVELOPMENT OF TEACHERS THROUGH LIFE SKILLS**

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21<sup>st</sup> Century is an age of Technology and Tremendous Competitions. In 21<sup>st</sup> century each individual must be aware of and must be ready for taking benefits of future opportunities using his knowledge, skills and attitude and able to adjust to various situations.

National curriculum Framework 2005 while discussing on objectives of Education mentioned that every person should have ability of thinking and making Ethical decision independently or in a group. It is essential to sensitive students regarding emotions then only they can survive in the world with satisfaction. To understand others, co-operations, social responsibility and good interpersonal relations are essential for both teacher and students. This can be achieved by teaching life skills in school and for that teachers must be competent accordingly.

### **Need of Life skills in School Education:**

Every individual in this society has to face conflict, competitions, stress in every walk of life. Nuclear Families have over expectation from their kids. There is undue comparison with other students due to lack of art parenting. All this affects the Child's mind. It is resulting into number of problems such as fear of failure, suicides, aggressiveness, inferiority or superiority complexes, loneliness, criminal attitude anxieties etc. Many times students become victims of ragging in colleges. To avoid consequences of factors it is important to impart life skills in school education for that teachers must have knowledge of giving life skills to their students.

WHO defined life skill as " Life skill education to facilitate the practice and reinforcement of psychosocial skills in a culturally and development appropriate way ; it contribute to the promotion of personal and social development, the presentation of health and social

problems, and the protection of human rights.”

WHO has given the list of 10 life skills as follows:

1. Self awareness
2. Empathy
3. Problem solving
4. Decision Making
5. Effective Communication
6. Interpersonal Relation
7. Creative thinking
8. Critical thinking
9. Coping with Emotions
10. Coping with stress.

**Needs of the use of life skills:**

- i) Complete Personality development
- ii) Development of community through Interpersonal skills
- iii) Social Development
- iv) Social Health Development

**Importance of life skills in teacher:**

It is important to produce capable professionally developed teachers who can understand problems and needs of students and respond accordingly. Teachers can be made professionally competent by teaching them life skills through teacher education program. Once teachers acquire these life skills they can apply them in their personal life as well as implementing it in teaching. Hence pre service teacher education should plan to include life skills in the syllabus itself. This will enable the teachers to think independently, to upgrade themselves to respond according to student's need.

Human beings are innately social and are shaped by their experiences with others. There are multiple perspectives to understand this inherent motivation to interact with others.

Need to belong According to Maslow's hierarchy of needs, humans need to feel love (sexual/nonsexual) and acceptance from social groups (family, peer groups). In fact, the need to belong is so innately ingrained that it may be strong enough to overcome physiological and safety needs, such as children's attachment to abusive parents or staying in abusive romantic relationships. Such examples illustrate the extent to which the psychobiological drive to belong is entrenched.

**Life skills Education Program:**

Before preparing Life Skills Education program information from various sources must be collected. All the 10 Life Skills defined WHO can be included in the program.

Steps of program Development could be :

- 1) Deciding objectives of the program
- 2) Identifying sub skills involved in each skill
- 3) Content Analysis
- 4) Identifying the content knowledge required by teacher for learning and application of the skills.
- 5) Searching for various activities to develop life skills in student teachers.
- 6) Searching for what practical work to be allotted to student teacher.

Various activities like role play, simulation and games, group discussions in classroom, group interaction, brain storming, sharing experiences, self demonstrations, storytelling and debate can be included in practical of teacher education curriculum.

#### **Reference**

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Agarwal, J.C. (2013).Education in the Emerging Indian Society. Delhi: Shipra Publication.

[www.lifeskillshandbook.com](http://www.lifeskillshandbook.com)