



Self Evolution

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Abstract

Self evolution is not a religious or new age bromide, but facts supported by findings of history and in the current and future scientific fields of Anthropology , psychology, and sociology. We humans have a sense of volition and a capacity of deliberate self-direction more than any other animal . Indeed, hundreds of books and college course s have been developed at universities, specifically addressing the needs of human development and lifespan development. We can learn more about ourselves and others ;we can teach with patience, we can grow. In short, we can choose to evolve (construction) or devolve (destruction).In this paper research try to show that human development is the amount of awareness you will have in your own self development.

Key Words: Self, Evolution

Introduction

To define ‘self evolution” in a few words or paragraphs would be like trying to define human development or any other field of study in a words , because self evolution incorporates all the social sciences into a more compact theory baed on practical solkutions, instead of a laundry list of experimental findings. To fully understand where the human species has been where we are now and where we may be going requires several books and enclopedias. The evidence for this is that our world is changing and changing rapidly, and every time the world becomes something new, we individuals thus become someone new. Whether by choice or not we are inputting new data into our minds and thus our biology, our brains our nervous system.The question of self –evolution is the question of how much of this input do you want to be your own volition and how much will be directly by blind hormonal rage, blind tradition, blind faith and blind trends.

One qualities of self evolution is the recognition that there are too many talents and future choices with us. Thus, on what subjective criteria would better be judged ? self evolution is about being the best individuals , even when they might not think exactly as you do nor always behave as would like. Self evolution is about understanding how short life and thus what a it is from nature. Its about finding your choose for ourselves, such as patience, understanding and mercy.these deliberate choices are valued because they are a healthy, life- giving quality that reduce not only our stress, but reduces the stress and conflict in those we interact with.

Self evolution means evolution of one self, development by inherent quality or power. Looking at your progress , development and learning to determine what has improved and what areas still need improvement, usually involves comparing a before situation with a current situation .

The 5 Steps of Self Evolution

Notions by Angle



Opportunity of self evaluation

Through teaching method

~many techniques for teaching

Through group discussion, project teacher give opportunity for self evaluation.

Include assignment in books

Ending of chapter there is question, students solve it and self evaluated.

Through cocurricular activites

In school organize drama, garba , N.C.C AND N.S.S activities in such activites such participate and show their own strength.

Checklist

It is non valid tools for evaluation.

Ratingscale

Through rating scale characteristics, nature and skill should be self evaluated.

Questionner

Give questionner to the students they tick it and they also give their own opinions.

Objectives type questions

Ask fill in the blanks, multiple choice questions.

For effective evaluation

Give guidance and training to the students how they should self evaluated

Know which tools used for self evaluation

It accepted as seriously

Students not become very enthusiastic that taken should care.

Important

self evaluation create interest in student for learning.

Student become aware and responsible .

Students own way knows their success.

Develop self confidence among student.

Avoid tiredness, stress, and passive nature.

Limitations

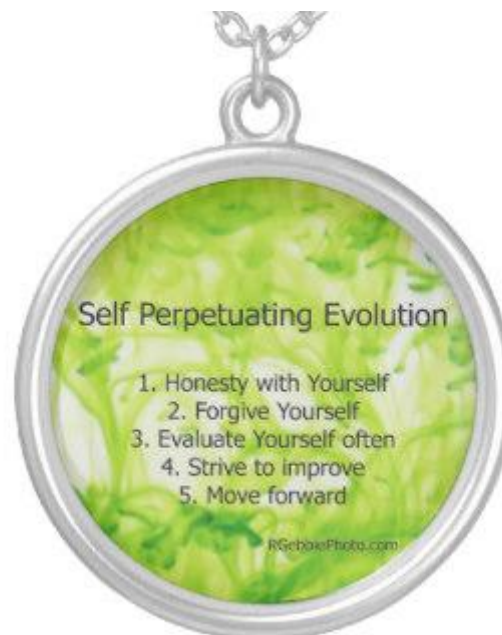
Sometimes student measure their evaluation higher comparison to reality

Hide real fact

Bias will come

Over confidence

Conclusion



12 Steps for Self Care

- 1. If it feels wrong, don't do it.**
- 2. Say what you mean and mean what you say.**
- 3. Don't be a people-pleaser.**
- 4. Trust your instincts!**
- 5. Don't speak badly about yourself.**
- 6. Never give up on your own dreams.**
- 7. Don't be afraid to say 'no'.**
- 8. Don't be afraid to say 'yes'.**
- 9. Be kind to yourself.**
- 10. Let go of what you can't control.**
- 11. Stay away from drama and negativity.**
- 12. Love.**



References

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