



Life Skills to be Developed through School Education

DR. MEHALI R. DESAI

Assistant Professor,

Swami Narayanswarup B.Ed. College, Ankleshwar
Gujarat--India

Abstract:

Life skills are very important to all of us. Without it, we will fail in life. However, for your better understanding, I will put down a few key points which will help you understand why you need to learn life skills and why skills are the demand of future.

- *It helps you to develop self-confidence and successfully deal with significant life changes.*
- *It enables you to contribute positively to yours and others' lives by developing expertise and experience.*
- *It will help you understand and analyze every situation and come up with the right solution.*
- *It will help you in your professional and personal growth*
- *Life skills are not just one skill, but a combination of several skills that are very important to us for our overall development.*

Via this article the researcher wants to convey the essential of the life skills for the individual or human being.

Keywords: *Life skills, Education, Human being, life,*

1. Introduction

People generally believe that highly intellectual personalities are socially accepted. But the situation might be quite different. What attracts people is not the high index of intellect but the art or craftsmanship of dealing with people in a fascinating way. The young girls are crazy after the boys with a superb way of communication, exceptionally creative way of approaching others and outstanding ability to maintain relations.

Life is an art. Life itself is a skill. Being happy in life does not call for much intellect. Rather it requires mental, physical, emotional balance in social encounters. One needs to develop several skills in life that will help him to live the life in its fullest form.

It is accepted by most of us that EDUCATION shapes LIFE. Living life in the best desired way is one of the chief concerns of education. Hence, life skills education is fast gaining universal recognition as a means of human development through health promotion and preventive education. UNESCO has defined 'Life Skills' in the following manner.

“Life skills are abilities for adoptive and positive behavior. Life skills refer to ability to maintain the state of mental and physical wellbeing while interacting with others within the local culture and environment.”

2. The importance of life skills

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have

been matched with the transformation in technology and these are all impacting on education, the workplace and our home life. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility. The important life skills to be developed through education are as follows.

2.1 For the individual

- In everyday life, the development of life skills helps students to:
- Find new ways of thinking and problem solving
- Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyse options, make decisions and understand why they make certain choices outside the classroom
- Develop a greater sense of self-awareness and appreciation for others

2.2 For employment

- While students work hard to get good grades, many still struggle to gain employment. According to research employers are looking not just for academic success but key employability skills including:
- The ability to self-manage, solve problems and understand the business environment
- Working well as part of a team
- Time and people management
- Agility and adaptability to different roles and flexible working environments
- The potential to lead by influence

2.3 For society

- The more we develop life skills individually, the more these affects and benefit the world in which we live:
- Recognising cultural awareness and citizenship makes international cooperation easier
- Respecting diversity allows creativity and imagination to flourish developing a more tolerant society
- Developing negotiation skills, the ability to network and empathise can help to build resolutions rather than resentments

3. What are life skills?

Life skills are those skills that enable individuals to adapt and cope with the demands and challenges of life. Every individual may have a list of the skills they consider most essential in life and want to improve them for a better career

3.1 Communication

Our happiness and success in life depends upon our ability to carry on an interesting and intelligent conversation. The success of many great persons depends on their art of communication. One has to be simple, convincing in their communication. One should be able 'to feel' his listener in the best possible way.

3.2 Critical Thinking

Critical thinking involves the ability to respond to information by distinguishing between facts and opinions, personal feelings, judgments and inferences. It also helps as a tool for integrating information and seeing relationships.

3.3 Creative Thinking

Creative thinking is a kind of thinking that focuses on explaining ideas, generating possibilities, looking for many right answers than just one. Education should develop among the students the skill for the process of creation that involves generating, planning and producing.

3.4 Developing Human Relation

If people are to do well in the practicalities of life, they should be able to understand others, strengthen the bond of relations and try to contribute to the happiness of others. The present time witnesses that people are not interested in extending relations emotionally but relation is warmth that adds meaning to one's life.

3.5 Giving Importance to Others

Everyone wishes to receive importance. But in life one has to learn giving importance to others so as to be accepted their existence.

3.6 Listening

One should be 'Able to Listen to'. Gandhiji was a poor orator but the best listener. When you listen someone, you are respecting him/her, you are accepting his/her individuality. The history of successful persons shows that they have been patient listeners. A lot of patience is required to be a good listener.

3.7 Encouraging /Praising Others

Everyone wishes to be praised. The more you praise others, the more they will like you, love you, follow you, respect you and that is all about your happiness and success. A few words of encouragements from you will help build a high regard for you.

3.8 Being Convinced

One has to be convincing. In life we encounter situations when we have to explain our ideas, views and the more you explain with relevant illustrations, the more you will be convinced.

3.9 Criticizing Others without Hurting Them

One should not use harsh words for criticizing others. Honest criticism should contain mild remarks so that the person being criticized might not feel hurt. Even if you criticize others, it should be articulated in such a way that the other person might not have any hatred for you.

4. Conclusion

Life has many shapes, many colours, varied layers, awkward U-turns, and a rich variety of moments. Though life herself is a teacher and to restrict it to any rule is quite difficult, we might say that there are several skills which help in dealing with various situations of life. It goes without saying that the above-mentioned skills are to be sharpened in school as school itself provides rich experiences of life. In nut shell, education can serve as important means for the development of the skills inevitable for living the life in a way a person would be proud of.

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