

# Life Skills

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**Abstract:** life is the valuable gift of God. Impressions (sanskar), civic sense, courtesy, manners, humanity all virtues are partially adopted from Gene and from family background and it's cult. As a human being, what should be the life style of a civilized person? The factors that decide the capability, stamina, problem solving capacity, awareness, relationship, creativity and other virtuous traits are termed as skill. Parents and teachers are the destiny of the human beings. They imbibe good traits in their children and disciples. After long practices of work they get skills in them and get himself/ herself to pass better life where he/she is. The ability to do a good job or to face any type of problem is skill.

**Keywords:** humanity, capability, problem solving capacity, work, skills.

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## 1. INTRODUCTION

Life skills are ability for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of every day life. It is a person's ability to maintain a state of well being and to demonstrate this while interacting with others.

A number of abilities are in human life which can help him / her to make his / her life beautiful. Out of which ten core sets of skills may be closely helpful to develop the life skills. They are as follows :

- 1- Self-esteem awareness.
- 2- Empathy.
- 3- Effective Communication.
- 4- Interpersonal relationship.
- 5- Decision Making .
- 6- Problem Solving .
- 7- Creative thinking .
- 8- Critical thinking .
- 9- Coping with emotions , and
- 10 - Coping with stress.

In school based programme this can be done by the teaching of skills in a supportive/ learning environment .

## 2. EXPLANATION

1- Self - awareness : This is an introspective technique which enables an individual to recognize one's strengths and weaknesses , likes and dislikes.

2- Empathy : The ability of a person to be able to understand another person's view point even if one is not familiar with it .

- 3- Effective Communication : The ability of a person to be able to express herself/himself clearly in all cultures and situations e.g. needs , dreams and fears .
- 4 - Interpersonal Relationship : These skills help us to relate to people in a positive manner as good relationships are of great importance forthe mental health of a person.
- 5- Decision Making: This relates to decisions that need to be made by the student at every stage in their life regarding choice of a stream at the tender age of 16 years or the sorting of priorities in relation to academics or other activities.
- 6- Problem Solving : This enables an individual to deal constructively with problems that can cause mental stress.
- 7- Creative Thinking : This aspect enables the students to explore the available alternative and evolve new patterns of dealing with situations.
- 8- Critical Thinking : This is an ability to analyse information and experiences in an ongoing objective manner.
- 9-Coping with emotions : This skill involves recognizing emotions in ourselves and to deal with them. Intense emotions like anger and sorrow can have adverse effects on our health if we do not react appropriately.
- 10- Coping with stress : One of the major areas of concern , it teaches the students the abilities to recognize the causes of stress and to be able to handle it in the deserved manners.

### **3. TEACHER CARES**

- 1- By imparting life skills education the teacher can build upon what is already known and how young people can learn from others around them and the consequences of this behavior .
- 2- Children can be actively involved in the dynamic teaching and learning process .
- 3- Which may include working in small groups and pairs e.g. brainstorming , role play , games and debates .

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