

## REPORT ON WEBINAR

**TOPIC OF THE SESSION: Synthesis of life skills education with present day school education**

**RESOURCE PERSON: Ms. Ronika Gagneja**

**DATE: 10<sup>th</sup> MARCH 2021**

**TIME: 3:00 p.m. to 4:00 p.m**

**POINTS DISCUSSED IN WEBINAR:**

**1 Livelihood Skills or Occupational/Vocational Skills**

Refer to capabilities, resources and opportunities to pursue individual and household economic goals and is related to income generation

**2. Life Skills Included**

**1. Thinking skills**

- Self-Awareness
- Problem Solving
- Decision Making
- Critical Thinking
- Creative Thinking

**2. Social skills**

Interpersonal Relationships  
Effective Communication  
Empathy

**3. Emotional skills**

Managing Emotions  
Coping Stress

**1. THINKING SKILLS:**

**Self-Awareness: Recognition of 'self', our character, our strength, weakness, desires and dislikes**

**Problem Solving: Dealing constructively with problems in our lives**

**Creative thinking: Novel way of seeing or doing things.**

**Characteristic of four components:**

- 1. Fluency (generating new ideas)**
- 2. Flexibility (shifting perspective easily)**
- 3. Originality (conceiving of something new)**
- 4. Elaboration (building on other's ideas\_**

## **2. SOCIAL SKILLS:**

**Interpersonal Relationships:**

- Relating in positive ways with people we interact**
- Making and keeping friendly relationships**
- Maintaining good relations with family members**
- Ending relationships constructively**

**Effective Communication:**

- Expressing appropriately both verbally and non-verbally**
- Expressing opinions and desires and also needs and fears**
- Being able to ask for advice and help in the time of need**

**Empathy:**

- Seeing with the eyes of another**
- Listening with the ears of another**

**Feeling with the heart of another**

### **3. EMOTIONAL SKILLS:**

#### **Managing Emotions:**

- Recognizing emotions within us and others
- Being aware of how emotions influence behaviour
- Being able to respond to emotions appropriately

#### **Coping with Stress:**

- Recognizing the sources and effects of stress in our lives
- Learning how to relax

All these skills are interrelated and reinforce each other. Together, they are responsible for our psychosocial competence; build our self-esteem and self-efficacy and nurture holistic development.

#### **IMPORTANC OF LIFE SKILLS:**

- Promotes positive attitude and behaviour
- Improves communication abilities
- Promotes healthy decision making
- Prevents negative and high risk behaviour
- Promotes greater sociability
- Teaches anger control
- Increases self-esteem and self confidence
- Improves academic performance

#### **KEY MESSAGES**

Life skills are:

- An integral part of life

- Psychosocial abilities that enable individuals to translate knowledge, attitude and values regarding their concerns into well informed and healthy behaviour
- Ability to be developed in every individual to equip them to meet the challenges of life and optimize opportunities to live a healthier, happier, productive and fulfilling life.
- Managing Life-Skills is the ability to identify and express oneself in life.
- Empowered with skills, young people are able to take decisions based on a logical process of 'what to do, why to do, how to do, and when to do'.

### **ROLE OF TEACHERS AND SCHOOLS:**

#### **TEACHERS:**

- Ask for justification of ideas
- Pose thought provoking questions
- Stimulate critical thinking
- Assign assignments and projects based on Life Skills
- Integrate Life Skills with other subjects
- Coordinate with parents
- Act as role models

#### **SCHOOL:**

- Creating a friendly, supportive, stimulating and structured learning environment
- Catering to the needs of all the students
- Promoting mutual respect and individual empowerment
- Encouraging collaboration among teachers and students
- Strengthening community action in schools.

### **SYNTHESIS OF LIFE SKILLS EDUCATION WITH PRESENT DAY SCHOOL EDUCATION**

- Let us be in subject specific groups

- Identify two lessons through which you can develop life skills among students
- Create or think an activity (story/poem/game/puzzle/crosswords/anecdote, etc) to integrate life skills which can be used while teaching these.
- Identify the techniques to access the enhancement of life skills in students.
- Share

### **TECHNIQUES TO INCULCATE LIFE SKILLS AMONG STUDENTS**

#### **1. Discussion:**

- Involves exchange and sharing of ideas expressions, facts and opinion on given topic.
- Can be used in large and small group

#### **2. Role play**

- Short drama episodes or simulations in which participants experience how a person feels in a similar real life situation.

#### **3. Debate**

- A discussion involving two opposing parties with each group expressing opinions or views about a given topic or subject.

#### **4. Brainstorm**

- Free expression of ideas among participants on a given issue or question.

#### **5. Story Telling**

- Telling of narratives with particular theme, based on actual events.

#### **6. Drama**

- Competition in verse or prose intended to portray life or character or to tell a story usually involving conflicts and emotions through action and dialogue.

#### **7. Working in small groups and pairs**

- Students may be organized to do work in pair and small groups in the classroom.

#### **8. Songs and Dances**

- Musical composition on the topical issues and themes.

Workshop on “Synthesis of life skills education with present day school education” was indeed very informative and innovative and will surely help me a lot in my working also.

I have learnt a lot many innovative things to improve myself through the session.

I am very grateful to you sir for providing me this opportunity.

Thank you so much sir.

Regards

Roop Jeet Kaur

10.03.2021

Evidence of workshop:





