

## MODULE 5

# DEVELOPING LIFE SKILLS OF HIGH SCHOOL STUDENTS IN GOA

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**IN COLLABORATION WITH**



**National Institute of Educational Planning  
and Administration** (Deemed to be University)  
**National Centre for School Leadership**

# DEVELOPING LIFE SKILLS OF HIGH SCHOOL STUDENTS IN GOA

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## Introduction

Education in simple sense means becoming a good human being and active citizen. It is about learning how to identify problems and finding their solutions. It is about having good life and discovering oneself in the process of growing. We as teachers need to help students to discover themselves and adapt to the life which will help them become better individuals for better society. Education helps students to adapt to changing world with the help of *life skills*.

William Shakespeare (Playwright, Poet) states: “*We know what we are, but know not what we may be*”. Based on the thinking of this great writer/poet we can say that we as teachers can change the life of the student if we inculcate right life skills in the child and make them aware about their own skills and develop their skills to themselves in the society. It is better to teach someone to do something for themselves than to actually do it for them. As educators we need to teach students how to fish, we have to empower them. Empowering our children with life skills will help each child realize their fullest potential and blossom as happy individuals. And not only that, but also help each child meaningfully contribute to the society as future leaders, and make the immediate society a better place to live for everyone.

Considering the National Education Policy 2020 which lays emphasis on competency-based learning that prepares students for life, life-skill education thus became an integral part of the NEP 2020 framework. The aim of the policy further states, “Education will not only be cognitive development, but also building character and creating holistic and well-formed individuals equipped with the key 21<sup>st</sup> century skills”




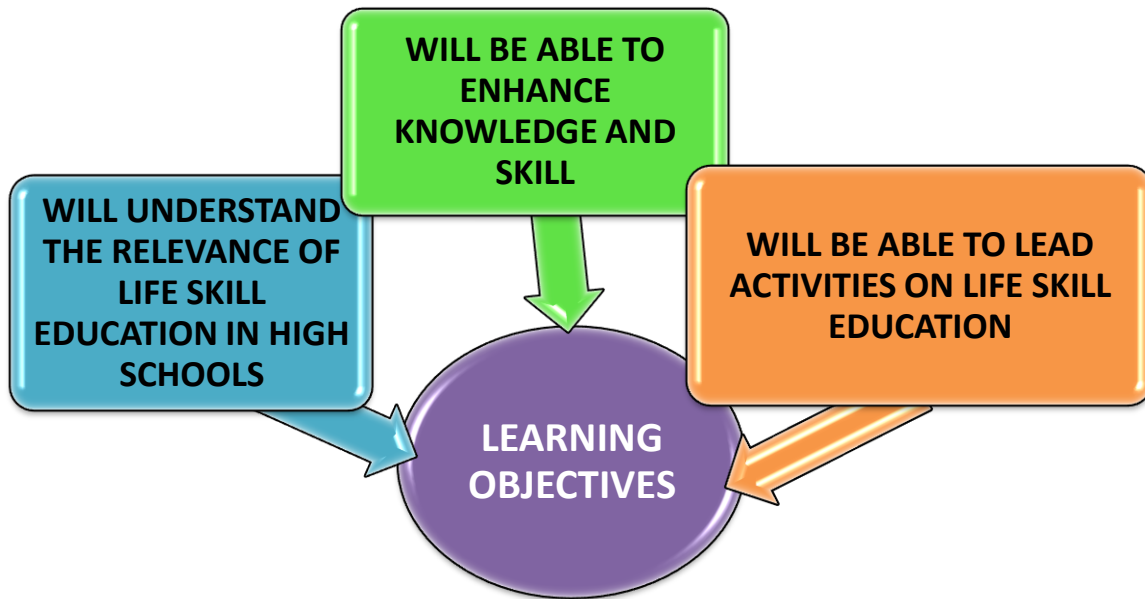
### KEY WORDS

**Life Skills:** Life skills are defined as “a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy and productive manner.”(*UNICEF*)

**Adolescence:** Adolescence is **the phase of life between childhood and adulthood, from ages 10 to 19.** It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. (*World Health Organization*)

**Life Skill Education:** Life skills-based education (LSBE) is a form of education that focuses on cultivating personal life skills such as self-reflection, critical thinking, problem solving and interpersonal skills.

 *From this module the learner will be able to gain the subsequent understanding*



## IMPORTANCE OF LIFE SKILLS

Let us try to understand what *Life Skills* are and why are they important in the life of each and every individual.

Life Skills are, “The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life (*World Health Organisation, 1997*).

“A behaviour change or behaviour development approach designed to address a balance of three areas i.e. knowledge, attitude and skills”. (*UNICEF*)

Life skills education is aimed at facilitating the development of psychosocial skills that are required to deal with the demands and challenges of everyday life. It includes the application of life skills in the context of specific risk situations and in situations where children and adolescents need to be empowered to promote and

protect their rights. The term life skills refers to a large group of psycho-socio and interpersonal skills which can help people make informed decisions, communicate effectively and develop coping and self management skills that may help them to lead a healthy and productive life.

In secondary school there are the students who are very tender in their thinking and in their behavior, what is not adopted at home can inculcated at the school , therefore we can say that Teachers play a very important role in changing the life of the students .

Adolescence is a vital stage of growth and development, which marks the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation. Adolescence is also the stage when young people extend their relationships beyond parents and family and are intensely influenced by their peers and the outside world in general. As adolescents mature cognitively, their mental process becomes more analytical. They are now capable of abstract thinking, better articulation and of developing an independent ideology. These are truly the years of creativity, idealism, buoyancy and a spirit of adventure. But these are also the years of experimentation and risk-taking, of giving in to negative peer pressure, of taking uninformed decisions on crucial issues, especially relating to their bodies and their sexuality. Adolescence is thus a turning point in one's life, a period of increased potential but also one of greater vulnerability. Here the teachers play crucial role of changing the mindset of students by inculcating life skills in their life, which shall remain with them throughout their life.

## TYPES OF LIFE SKILLS

What is the Core Set of **Life Skills for Adolescents**: Life skills are needed to meet challenges of everyday life such as psychological challenges, social challenges, economic challenges and spiritual challenges which generally people face. But children in this age face different challenges like physiological changes taking place in their body, relationship challenges, coping with grades or marks or studies, family backgrounds can be a great challenge or change of medium of instruction in school. To fight against all these odd situations or to understand all these challenges in their life, *school* has to have *Life Skills Education Program* for the secondary school students who are the age group of 10 to 18years. So therefore teachers need to understand the core life skills which are being adopted by W H O (World Health Organization), and can be inculcated among the students by organizing different activities during school hours. Activities like field trips, storytelling, video viewing, group discussions, brain storming, organizing annual days, sports activities, competitions, organizing speeches by eminent personalities, organizing parent's day, grandparent's days and other different activities can help inculcate life skills among secondary school students.

**Let us understand the Core Life Skills which are mentioned below:**

- **Social Skills**
- **Thinking Skills**
- **Emotional Skills**

**These above skills can be categorized in three main categories:**



**SOCIAL SKILLS**

- Self Awareness
- Empathy
- Effective Communication
- Interpersonal Relationship



**THINKING SKILLS**

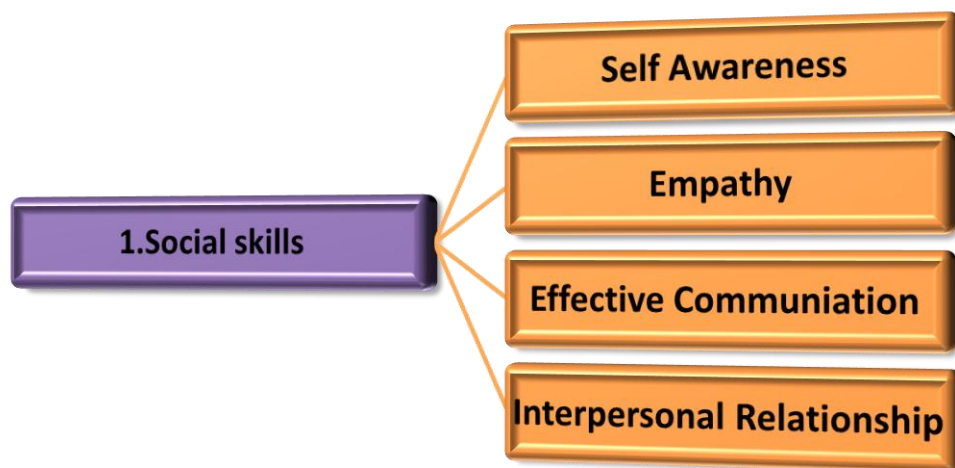
- Creative Thinking
- Critical Thinking
- Decision Making
- Problem Solving



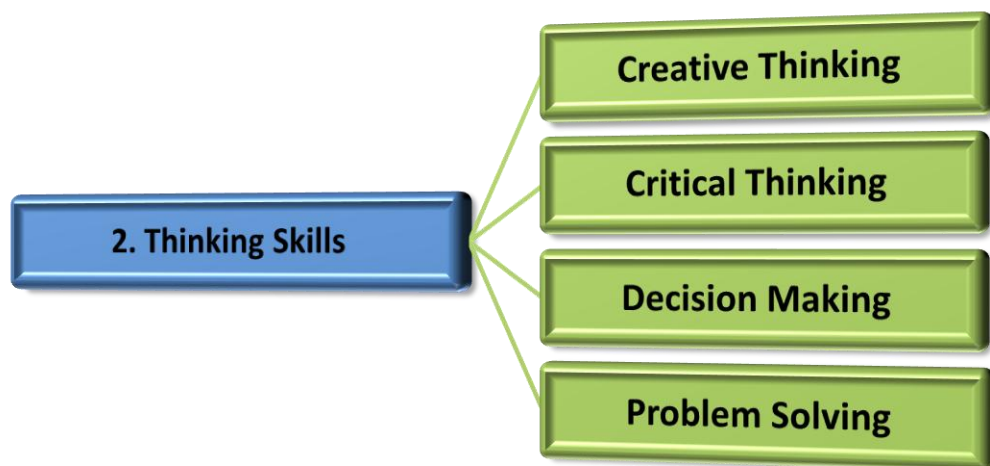
**EMOTIONAL SKILLS**

- Coping with Stress
- Coping with Emotions

The above mentioned types of skills are further elucidated below:-

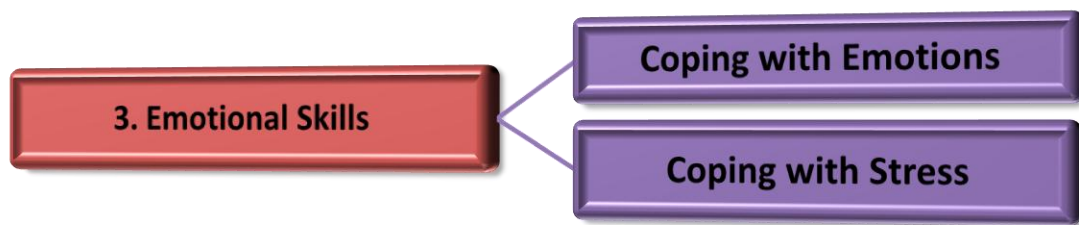


1. ***Self Awareness:*** Having clear understanding about one's self, character, strength, limitations, wishes, likes and dislikes. It also includes recognition of self, one's character, one's strength and weaknesses. SWOT analysis can be one of the tools that can be conducted to understand self (Strength, Weaknesses, Opportunity, Threats).
2. ***Empathy:*** It helps us experience the feelings of others, even if we are not familiar with other person. It helps to accept others whose behaviour is different from those of ours.
3. ***Effective Communication:*** The skill of effective communication enables us to express thoughts verbally or non-verbally in an effective manner.
4. ***Interpersonal Relationship:*** helps us to relate positively with people we interact with. It helps to maintain honest relationship with one another.





1. ***Creative Thinking:*** Out of the box thinking or divergent thinking. It enables one to think about problems in a novel manner than traditional or often repeated way.
2. ***Critical Thinking:*** It helps us to analyze, examine information and experiences.
3. ***Decision Making:*** It involves behaving in a particular situation, taking actions. It helps to deal constructively with decision about our life. It helps individual to take healthy decisions in their life.
4. ***Problem Solving:*** It enables us to choose the best option from various options. It also helps us to face the problem and act upon it.



1. ***Coping with Emotions:*** Understand, control and manage our emotions plus realize the consequences of the behaviour.
2. ***Coping with Stress:*** It helps us to understand the causes and effects of stress and how to manage stress.



## Why Life Skill Education?

In everyday life, the development of life skills helps students to build confidence, analyze options, make decisions, and understand the choices made outside classroom which helps them to become better individuals. Life skills are a set of tools to ensure that individuals lead a fruitful life. These set of tools are to be inculcated with the help of certain activities in the schools. Life skills cannot be made to learn by heart but they have to be practiced by the individuals which in turn will help them to make their life stress free. Many students struggle with no confidence in their abilities. New subject, new language, mathematical problems in syllabus, understanding the concepts, regular evaluation in school system can make it challenging for students to really feel assured. We know that everyone doubts their own abilities from time to time. Extended period of low self confidence can hinder student's ability to succeed in school.

These students can be identified in the school when they show certain signs like

- Lack of communication
- feeling shy
- delayed with school work
- introvert
- non participatory behaviors
- being aloof

- complaining about smart students
- unable to set goals in life

These are few signs of students being not confident or are not aware of their own skills or talents. So to help them come out of these fears teachers can have activities.

**Activities which can help build life skills: (Activities could be added in the annual plans of the schools)**

1. SWOT Analysis
2. Story Telling
3. Brain Teasers
4. Video Clips
5. Puzzles
6. Quiz
7. Essay Writing
8. Book Review Writing
9. Book Reading
10. Field Trips to Old Age Homes, Orphan age
11. Observation Schedules
12. Sports Meet Organization
13. Annual Day Celebrations
14. Seminar / Webinars/ Speeches of Great personalities
15. Project Based Learning
16. Awareness Camps
17. Communication Classes
18. Visits to different organizations



19. Visits to Historic Monuments
20. Visits to hospitals/ psychiatrist departments/accidental departments etc.
21. Interviews of Parents / Teachers/ Doctors/ Nurses/ Writers/ Business Persons
22. Understanding Environment / Wild Life/Natural resources
23. Visits to factories/ local organizations
24. Visits to religious places
25. Awareness of campus

**Activities which can be conducted in smaller classrooms which can help build life skills: (Teaching techniques/Methodology to inculcate life skills through individual subjects to be made compulsory by the School Leaders):**

1. Group Discussion
2. Role Play
3. Debate
4. Brain Storming
5. Dancing & Singing
6. Dramas
7. Poem Recitation
8. Story Reading / Telling
9. Demonstrations
10. Playing Video Clips/Movies/ Songs in classroom
11. Team Building activities
12. Collaborative assignments
13. Group Projects
14. Buddy System
15. Yoga & Exercises



16. Writing Diaries
17. Preparing Portfolios
18. Class competitions with rewards
19. Solving quiz questions based on subjects
20. Poem presentation



**REFLECTIVE  
QUESTIONS**

- ✚ Do you feel that Life Skill Education should be imparted in high schools?
- ✚ Have you ever felt the need to conduct such sessions in your school?
- ✚ What challenges you would face if you want to promote life skill education sessions/activities in your school ?
- ✚ How would you address these challenges ?

**WEBLINKS for Newspaper Articles on Life Skills**

- <https://indianexpress.com/article/india/education-news/life-skills-should-become-central-focus-of-education-sibal/>

The above mentioned link says Mr. Sibal then MHRD Minister said, “Life skills should become central focus of Education”.

Another article on Times of India newspaper Pune Edition says Learners need to acquire a set of life skills to succeed Says Educators,

- <https://timesofindia.indiatimes.com/home/education/news/learners-need-to-acquire-a-set-of-life-skills-to-succeed-say-educators/articleshow/81431277.cms>



**Few paper clips** : News showcasing the importance of Life Skills at Secondary and Higher Secondary Schools in Goa which can help students to have anxiety free life .

### Life skills for comprehensive education

Present-day education for school students transcends textbook-based knowledge. Personal development has now come to the forefront along with academic learning.


**MADE EASY SCHOOL** has included life skills as a compulsory element from the early developmental years to prepare them future-ready.

Divided into four heads — critical thinking skills, collaboration, emotional skills and problem-solving — it is taught with examples to enable understanding and application of these abilities.


Nitu Channan, head of MADE EASY SCHOOL, says "Under critical thinking skills, students are taught to enhance their logical faculty through analytical ability. Collaboration enhances inter-personal communication, leadership, advocacy and team-building skills. Emotional skills enable students to be comfortable with themselves by coping with their emotions, stress,

and peer and familial pressure. Problem-solving helps inculcate abstract thinking, by enabling students to approach a problem from multiple angles to find practical solutions." Life skills such as organic farming, food planning, and processing are weaved into students' activities as an organic process.


MADE EASY SCHOOL, spread across a 25-acre campus, offers admissions from nursery to class 8. Visit [www.madeeasyschool.in](http://www.madeeasyschool.in), or contact the admissions department at 8900882440/5424 for more details and a school tour, or email: [info@madeeasyschool.in](mailto:info@madeeasyschool.in). HTC



Students at the innovation lab



A student at a science and technology class



Students being introduced to organic farming

### Teaching students cooperation and collaboration, one card at a time

Shamika Coutinho

**TIMES NEWS NETWORK**

**Panaji:** Students of 77 government schools across the state will soon be taught to be nice and collaborate, one card at a time. The directorate of education and the State Council of Educational Research and Training (SCERT) has tied up with Earthlings Infotech, a startup, as part of an initiative to use a printed card game, Acting Kindly @School, and mobile version.

Aimed at tackling behavioural problems and bullying, the game teaches cooperation and collaboration, thus helping educators improve discipline and the learning environment in schools. The game will first be introduced to students from Class V to Class VIII. "The aim is to engage students in active learning and improve the learning environment," said SCERT director Nagaraj Honnekeri.

Earthlings Infotech will train teachers on Monday to use the game. SCERT has instructed heads of each government English medium middle school to depute one teacher to attend the social impact training hosted by Earthlings Infotech chief executive officer Greg Acuna. The half-day training session will help the teachers learn the game so they can return to their schools to train teachers and students.

Acuna, an entrepreneur from California who has worked as a consultant for Fremont Pictures, is currently exploring alternate forms of learning in Goa. He is the founder of Planet Earthlings, an educational gaming platform for school children. "Learning to cooperate and collaborate are the keys to succeed in the modern world. I'm excited to introduce a fun and empowering way for young people to learn these changing skills," says Acuna.

Earthlings Infotech will gift each of the 77 schools a pack which will allow as many as 30 students to play the game.



Teachers can use the game to impart essential life skills to students

# Staying stress-free during exams pays in multitude: Psychologist

THE GOAN NETWORK

PANAJI

Beginning February 27, the 12th standard Goa Board exams have created a panic scene in most homes and students are seen busy in last minute revisions. As SSC and HSSC board exams are one of the milestones in the academic career of the students in India, not only those who appear for these exams get tensed or stressed out, but even parents tend to become hyperactive during exam days. However, the picture may not be so grey, as today's parents, having realized the negative effects of too much pressuring, have stopped showing anxiety over their child's performance. Yet, there are few who still keep insist on better performances from their children, irrespec-



Shobhika Jaju

to cope up with real life situations?

Goa Board of Secondary and Higher Secondary Education (GBSHSE) usually releases the time table well in advance, as getting serious for the exams, it is a fact that many of the students make a study plan only after they get to know the exam schedule. "When it comes to dealing with exam anxiety, students need to understand

**1** Pointing to today's situation, the psychologist suggests that parents must no longer use pressurizing tactics

**2** It is important to assure the children that just passing the exam is okay. It is also necessary to ask them not to compare themselves with others

**3** Not being too sensitive or over protective towards children is equally important for parents as well as teachers

**4** Making children believe that real education is to learn life skills and understand the purpose and meaning of life, than just by-heart lessons and pass the exam

of the exams. It could be with respect to the exam results, parental opinions about the marks obtained, what kind of questions will come in the exams, who will correct the paper, and so on. It's very rarely related to whether and how much the student is able

workshops in a month and very recently held sessions at Vidya Vikas Academy and Mount Litera, both in Goa and Tata Institute of Social Science (TISS) in Mumbai. "Our focus is on things beyond the student's control and not so much on what the student

stress management among students. "We also deal with suicidal ideation issues and take up relationship counselling for students along with workshops and mental health awareness sessions for not only students but parents and teachers as well. Our centre also offers aptitude testing and career guidance," maintains Jaju who advises students to prepare in advance and study throughout the year, instead of last minute mugging, to avoid stress.

"One has to plan in advance and not stick to a particular schedule. Picking up any four-five things and a day to complete them is better than setting hourly timetable, which is hard to follow. If an entire day is allotted to study few topics, it is likely for the students to complete them before they go to bed.

Vocal expectations are more likely to generate stress, however, overprotections can cause more stress. Educated, accomplished parents discuss future career plans with their children as a friend. A child may feel unable to take it as a pointer, feels a burden on a child's mind and it makes a difference in their behaviour.

Pointing to the situation, the psychologist suggests that parents no longer use pressurizing tactics. It is important to assure the children that the exam is okay. It is also necessary to ask them not to compare themselves with others. Not being too sensitive or over protective

*Structured and formatted by*

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