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Impact of Life Skill on Teachers Professional Development

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Introduction:-

The progress of country depends upon the quality of its teachers and for this reason teaching is the noblest among all professions. The irony of fate, however, is that teaching is the most unattractive profession and teacher no longer occupies an honorable position in the society.

'Teacher teaches John Latin.' is the famous sentence in our teaching – learning process in Today's education system John is to much importance. But teacher is also important because teacher improves students educational as well as social activities.

"Life is a challenge, accept it." is the most important words because life is full of struggle. Education system and process help to improve life through life skills.

When we are thinking about teacher training teacher trainees are came from many types of stream and experience and life styles. Life skills are to much important in trainees life.

Definition of the Life Skill:-

"Abilities for adoptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO 1993)

Life Skills:-

1)Self awareness

2)Empathy

3)Decision making

4)Problem Solving

5)Effective Communication

6)Interpersonal Relations

7)Creative thinking

8)Dealing with emotions

9)Critical thinking

10)Coping with stress.

Meaning of Life Skill :-

Life skill shows that the life skills can influence the way one feels about oneself and others and enhance one's productivity self-esteem and self confidence.

In teacher education from Philosophical, Sociological, Psychological aspects. We trained students in may skills. Like Teaching, lesson planning, evaluation system, Practice teaching, in trainees day today's life. He shall go to involve in society of Teacher so, we expect many things from him.

Objectives of the Study :-

1) To know the life skills.

2) To classify the life skills.

3) To create interest towards teaching profession.

4) To understand the relation between life skill and training.

5) To develop the life skills through aspect of Teachers Personality.

Scope and Limitation of Study :-

Teacher training is the concept which outcome from military training. Teacher trainee improve his various skills in the period of training.

All the teachers should be trained, but there should not be and also can not be a specific training of Teachers. This conviction is born out by observations that even the born teachers have to study the techniques of teaching craft. There are teachers who through training and experiences have acquired enormous success in teaching There is however, no denying the fact that much wastage in teaching effort can be saved if the prospective teacher is subjected to teacher education for actualization of potential in him.

It is related to life skills only its limitation.

Classification of Life Skills :-

We will classify above mention life skills in to three groups for our better understanding.

Social Skills	Thinking Skills	Emotional Skills
• Self-awareness	• Creative thinking	• Coping with stress
• Effective Communication	• Critical thinking	• Coping with emotions
• Interpersonal relationship	• Decision making	
• Empathy	• Problem solving	

This classification shows us that the life skills are for the cognitive, affective and spiritual development of the students.

NCERT and MSCERT have emphasized life skills in their text books for elementary education from academic year 2009.

'Learning without burden' report highlighted that how family and present examination system increase the load and stress on the students mind. Many student make the suicides because of the consignment and pressure. Life skill teach the students how to switch this stressful situation and how to maintain the day to days life.

How Life Skill helpful to trainee teacher :-

Category of life skill	Sub Skill	Teacher training skills
Social Skills	Self esteem and confidence	1) Healthy and easy going attitude towards the student.
	Awareness about strength and Weakness	2) Realistic awareness of their own strength and weakness of student
	Goal setting	3) Optimistic about life and future of student.
	Self-evaluation, self assessment and self-monitoring	4) Capable of greeting along with people and develop healthy social relationship.
	Verbal and Non-verbal communication	5) Healthy work habits and attitude towards work.
Thinking Skills	Information gathering Skill	1) Able to solve the problem of daily life.
	Evaluation future consequences of present actions for self and others	2) Ready to face the challenges.
	Analyzing peer and media influences	3) Try to learn new things and develop their capabilities.
Emotional Skills	Anger management	1) Control over their own impulses, thoughts, habit and emotions.
	Time Management	2) Enjoy life and time management.
	Positive thinking	3) Enjoy work and play
	Assertiveness and	4) Healthy sense of humor.
	Refusal skills	

Conclusion:-

A Teacher of today while teaching in a regular classroom can develop the life skills of self awareness. Classification of life skill in three types social skill, thinking skill, Emotional skill. Life skill creates the interest in teacher trainee. Life skills are most important in day to days life as well as training. Teachers professional personality develop in training, many skills like evaluation, teaching,

lesson planning, field work, observation to tries to trained the trainee in various field. In each and every aspect of Teacher training life skills have most importance.

Life is depend up on life skills and teacher training depend upon the life skills which acquired by trainee.

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