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Life Skills through English Language Teaching

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Abstract

English language teaching is important to motivate the students, younger generation to improve their soft skills, interpersonal skills and life skills. The role of a language teacher is not only teaching language but also equipping them with life skills. Life skills can be taught along with English language by the language teachers. Classroom is the place for the students to improve their skill sets needed for their personal, professional and social life. Teachers should play a role of second parents for the students especially language teachers.

Keywords: Motivation, Research, Interpersonal Skills, Life Skills, Classroom practice

What is life?

Life is an opportunity for the human beings to utilize it properly to get success in this beautiful world. The average period of life for the human being is between 60 and 70. This life time should be utilized successfully by developing some important life skills including English Language skill.

What are Life Skills ?

Life Skills are abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life - (WHO).

Described in this way, skills that can be said to be life skills are innumerable, and the nature and definition of life skills are likely to differ across cultures and settings. However, analysis of the life skills field suggests that there is a core of skills that are at the heart of skill-based initiatives for the promotion of the health and well-being of children and adolescents. These are listed below.

Core Life Skills

Social Skills

1. Self Awareness
2. Effective Communication
3. Interpersonal Relationship
4. Empathy

Thinking Skills

5. Creative Thinking
6. Critical Thinking
7. Decision Making
8. Problem Solving

Emotional Skills

9. Coping with Stress
10. Coping with Emotions

Self-awareness includes our recognition of ourselves, of our character, of our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is also often a prerequisite for effective communication and interpersonal relations, as well as for developing empathy for others.

Effective communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, but also needs and fears. And it may mean being able to ask for advice and help in a time of need.

Interpersonal relationship skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social well-being. It may mean keeping good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

Empathy is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with. Empathy can help us to understand and accept others who may be very different from ourselves, which can improve social interactions, for example, in situations of ethnic or cultural diversity. Empathy can also help to encourage nurturing behaviour towards people in need of care and assistance.

Creative thinking contributes to both decision making and problem solving by enabling us to explore the available alternatives and various consequences of our actions or non-action. It helps us to look beyond our direct experience, and even if no problem is identified, or no decision is to be made, creative thinking can help us to respond adaptively and with flexibility to the situations of our daily lives.

English Language Teaching:

English Language Teachers can teach English Language through lot of interesting and useful methods. As effective listening is the input for effective speaking though English teachers can speak about life skill among the students, so they can learn life skills along with language.

English teachers can speak in good simple English about the merits and demerits of social networks and how the new technologies should be utilized in a proper manner.

Nowadays students are wasting their time and spoiling their life by misusing the technologies like Face book, Whatsapp, etc.

As reading is the input for effective writing though English teachers can motivate the students to read many moral stories in English and newspapers.

English language teachers should update themselves beyond syllabus with varied sources. It enlightens them as well as enables them to pass on the message of values to the students in an effective manner. Teachers should exemplary model for the students to emulate and worship so that the message of t6he teacher will live I the minds of the students to direct them and safe guard them in their voyage of life. Notwithstanding the constraints and pressures in their teaching job at present

with a mission of the zeal and energy, the teacher should come forward to create the best life for the students. They should imbibe in their mind, the core values are the foundation upon which one can build a life of success.

Language being primarily stems from the emotional side of human; the language teachers can manipulate their language skills to meet the end of equipping them with language skills and life skills. Their effort bears fruit in the long run of life and will be remembered in the history by the descendants of their student who imbibed the value of values from their grandparents who are your students once