

## UNIT -1

### SOCIAL – EMOTIONAL LEARNING

#### **SKILL DEVELOPMENT**

Skills development is generally used to refer to the productive capabilities acquired through all levels of learning and training, occurring informal, non- formal, informal and on-the-job settings. It enables individuals to become fully and productively engaged in livelihoods, and to have the opportunity to adapt these capabilities to meet the changing demands and opportunities of economy and labour market. The acquisition of such capabilities depends on many factors, including a quality lifelong learning system and a supportive learning environment.

#### **HARD SKILLS - DEFINITION**

Hard skills are abilities that let you tackle job- specific duties and responsibilities. Hard skills can be learned through formal education, vocational training and on the job. These skills are usually focused on specific tasks and processes such as the use of tools, equipment, or software.

#### Hard Skills Examples

- Teaching skills
- Technical skills
- Office skills
- Computer skills
- Analytical skills
- Communication skills
- Project management skills
- Language skills
- Writing skills
- Presentation skills

#### Important hard skills for teacher

- Critical thinking skills
- Patience
- Communication Skills
- Organizational skills
- Creative thinking abilities
- Leadership skills

- Capacity for team work
- Time management skills
- Computer skills
- Conflict resolution skills
- Classroom management skills
- Behavior management

Teaching is a noble profession that allows you to shape the future through consistent engagement with bright, young minds. A teacher's job is very demanding' and they have to use a wide range of skills to perform their job well. List of important skills for teachers are given below:

### **Soft Skills - Definition**

Soft skills are character traits and interpersonal skills that characterize a person's relationships with other people. Employees with good soft skills can help companies achieve higher levels of efficiencies and productivity.

Soft skills is also known as people skills or inter personal skills.

Soft skills help to communicate effectively with clients, mentoring, co-workers , lead a team, negotiate a contract and completing task on schedule. Soft skills are important for students for two main reasons:

- These skills improve employability.
- These skills enable them to work harmoniously in dynamic environments

Soft skills play a crucial role in forming good rapport with classmates, building friendship with seniors and establishing trust.

Soft skills and personality development skills for students.

1. Leadership
2. Interpersonal skills
3. Adaptability
4. Communication skills
5. Team work
6. Problem solving
7. Time management

## Importance of Soft Skills

Soft skills are important because they help you work well with others. Communication skills, teamwork, and adaptability enable you to connect with co-workers, express your ideas, receive feedback, and achieve consensus.

You can learn new soft skills or improve your existing skill set through online classes, leadership training and mentorship programs. You can also build your people skills simply by identifying your growth areas and setting goals to improve. For example, if you know need to learn better listening skills, you can start by listening carefully to what co-workers say and asking for clarification when you need it.

Soft skills are important for

1. Career Advancements
2. Healthy work environment
3. Better connection
4. Futuristic Approach

With advancements in technology, the job landscape is changing drastically as more and more technical jobs are being replaced by automation and artificial intelligence resulting in the decline of jobs requiring hard skills. Machine however are incapable of replacing soft skills that human only possess.

When hiring for any position, most employers, demand high soft skills in the work force. Many recruiting professions believe that employees with more soft skills have a better chance of being selected and promoted to higher positions.

Soft skills play a vital role in building and creating personal as well as professional networks. Strong soft skills allow people to pursue professional leads and convert them for the benefit of the organization.

### Difference between hard skills and soft skills

Hard skills	Soft skills
Hard skills are often applicable to a certain career.	Soft skills are transferable to any type of job.
Hard skills are learnable through some type of education.	You cannot learn soft skills in any program of study.

They are technical skills.	They are non-teaching skills.
Hard skills are observable.	They are hard to observe
Hard skills are job related competencies and abilities That are Necessary to complete work.	Soft skills are personal qualities and Traits that impact how you work.

### **Social-Emotional Learning (SEL)**

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and Interpersonal skills that are vital for school, work, and life success. It is an integral part of education and human development. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically , professionally, and socially. From effective problem-solving to self- discipline, from impulse control to emotion management and more SEL provides a foundation for positive , long- term effects on kids, adults, and communities. Children thrive. Schools win. Workplaces benefit. Society strengthens. All due to social-emotional learning .

Social emotional learning aims to help students better understand their thoughts and emotions to become more self aware, and to develop empathy for others in their community and the world around them. Developing these qualities in the classroom can help students become better, more productive software and socially aware citizens outside of the classroom in the years ahead.

Social-emotional learning is an educational concept that helps children gain skills in important areas beyond mathematics reading and other core school subjects. SEL helps children identify their feelings understand and communicate with others build strong relationships in respectful ways. In meta-analysis students from kinder garden to high school showed that students exposed to SEL programs performed better academically then their non SEL peers.

### **Components of SEL**

1. Self-awareness

2. Responsible Decision making
3. Relationship skills
4. Social awareness
5. Self-management.

### **Self Awareness**

Self awareness is the ability to understand one's own emotions and thoughts and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

Self-awareness may look like

- Identifying emotion
- Having an accurate self perception
- Recognizing strengths
- Self-Confidence
- Self-Efficiency

### **2. Responsible Decision making**

Responsible Decision making is the ability to make Caring and Constructive choices about personal behaviour and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social and collective well-being.

Responsible Decision Making may look like

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

### **3. Relationship skills**

Relationship skills are the ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership and seek or offer help when needed. Relationship skills may look like

- Communication
- Social engagement
- Relationship building
- Team work

### **4. Social Awareness**

Social awareness is the ability to understand the perspectives of and empathize with others, including those from diverse backgrounds and cultures and contents. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings and recognize family, school, and community resources and supports.

Social awareness may look like

- Perspective taking
- Empathy
- Appreciating diversity
- Respect for others

### **5. Self-Management**

Self-Management is the ability to manage one's emotions, thoughts and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress and feel motivation and agency to accomplish personal and collective goals.

Self-management may look like Impulse control Stress management, Self-discipline

Self-motivation

Goal-setting

Organizational skills

## **Benefits of practicing Social Emotional Learning**

Social-emotional learning (SEL) is a process whereby Children, Youth and adults

- Increase their ability to understand and manage their emotions.
- Set and work towards positive goals
- Appreciate the perspective of others
- Demonstrate empathy
- Make good decisions
- Foster positive relationships

Social-emotional programs aim to develop these core competencies to nurture more empathetic, software and emotionally intelligent individuals. The benefits of a Social-emotional education are abundant. Among them, the most important are

### **1. Increases academic success**

Studies show that developing stronger social and emotional skills improves students' academic performance. When students feel heard and respected in the classroom, they can more easily focus on their learning and feel confident in their abilities. SEL also improves youths' attitudes towards school-increasing their attendance and motivating them to learn.

### **2. Improves self-awareness and confidence**

SEL encourages a developmental shift wherein students move from relying on outside sources for direction about how to act toward trusting in themselves and their own values. This process allows kids to build their confidence and belief in self. SEL also increases youths self awareness by teaching them to notice how their actions and decisions affect themselves and others.

### **3. Increases empathy for others**

Empathy, the ability to understand the feelings and perspective of another person, is considered a core social skill. Yet, it is often over looked in traditional school curricula. A social-emotional learning encourages children to consider the perspectives and feelings of their peers, teachers and parents. Practicing empathy is a gateway to building other important skills such as conflict resolution, healthy communication and kindness towards others.

### **4. Improves relationship building skills**

When children learn to put themselves associate with others and practice empathy, they also become more skilled in building and maintaining relationships.

This includes knowing how to be a good friend, recognizing others' emotions and engaging in conflict resolution. SEL also teaches youth how to work well with others and practice teamwork. These are lifetime skills that will benefit students in the classroom and beyond.

#### **5. Decreases emotional distress**

Students who are exposed to SEL in the classroom experience less instances of anxiety, depression, stress and social withdrawal. On top of equipping students with tools to manage their emotions, SEL programs impact students' cognitive functions, and improves their ability to self-regulate and gives them a greater ability to manage and cope with their emotions. These benefits are especially important in the current social climate which disturb mental health issues and social disconnection in students.

#### **6. Encourages positive social behavior**

Students demonstrate more positive social behaviour with peers, teachers and parents when SEL activities are implemented in the classroom. Once kids are equipped with skills for managing their emotions and practicing self-regulation, they have fewer opportunities to have aggressive behaviors. When students build teamwork and relationships skills, they feel more confident during social interactions. And when students learn to work well with one another, they are able to handle interpersonal conflict in a respectful and productive way.

#### **7. SEL improves mental health**

School around the World is focusing on mental health issues by developing students' skills. There is no doubt that a school that supports SEL will have a positive impact on its students. When pupils participate in activities that promote social-emotional well being like arts programs, drama, club activities they can find new ways to develop essential life lessons.

#### **8. Teaches Problem-solving skills**

Students need strong problem-solving skills in all areas of life. A huge benefit to social emotional learning is that much of it focuses on managing situations and problems in everyday life. If you get stuck on a mathematics problem, If you get in a fight with a friend or If someone asks you to do something, you don't want to do, what could you say or do? All of these questions are discussions that might be taking place when SEL is integrated into the classroom.



## **9. SEL Promoted Resilience**

Children with the ability of self-regulate (SEL skill) are less likely to get frustrated or angry when they face obstacles, SEL also builds children's self-confidence which motivates them to build realistic goals.

## **10. Teaches teamwork and collaboration.**

In order to be success now and in the future, kids need to learn how to work well with others. Social emotional learning skills help students learn how to work collaboratively with partners and small groups.

### **Ways to integrate Social Emotional Learning in the classroom**

Social emotional skills are invaluable for our children at school and in life. Skills like recognizing and mismanaging emotions, controlling impulses, communicating effectively and working with others have a positive effect on overall well-being. You don't need a specialized curriculum to do the job. There are so many ways to integrate social-emotional learning activities in our classroom every day.

#### **1. Use story time in your daily schedule**

Read – a louds are the perfect tool for exploring social-emotional themes. They are one of the easiest ways to implement social-emotional learning activities.

#### **2. Do lots of partner activities**

Give children lots of opportunities to work with partners. Working with a partner helps kids learn to cooperate and builds community in your classroom.

#### **3. Teach kids how to work in a group**

Being able to work in a group setting is an important life skill. Students will learn how to negotiate with others, develop leadership skills and figure out their own strengths so they can best contribute to the group

#### **4. Practice Role Play**

Sometimes you have to put yourself and associate with your friend to understand a true situation. Taking time to help children, practice what to do in tricky or troubling situations that show up in your classroom creates the type of social-emotional learning activities that help kids develop empathy and understand other people's feelings.

#### **5. Build social –emotional vocabulary**

put few SEL posters in the classroom to help a nurture growth mindset. Seeing that in the classroom will be a reminder to support resilience and develop positive self-talk strategies.

## **6. Teach decision –making skills**

Learning to make responsible decisions is an ongoing process for students. Carefully weighing options and considering consequences takes a lot of trial and error from teaching them the steps and giving them lots of practice to asking questions and setting goals

## **7. Allow for talk time**

Simply talking is one of the most-effective social emotional learning activities. Give your students a lot of opportunities both structured and unstructured- to talk to one another during the course of the day. When your class is cracking up and getting dropping, give five minute time to chat break.

## **8. Teach kids how to manage conflict with peer mediation**

Peer mediation is a problem-solving process that helps students involved in a dispute meet in a private, safe and confidential setting to work out problems with the help of a student mediator

## **9. Build community with teams**

Consider an alternative seating arrangement that allows kids to sit in teams. Let each team create an original name, motto, etc. This is a great way for students to feel a sense of belonging, and it encourages collaboration and cooperation. Change up teams every 6 to 12 weeks.

## **10. Encourage “helping hands”**

Learning to care about the needs of others is a critical social-emotional skill. Try this fun activity: Have students trace or draw their own hands. In each hand have them brainstorm ideas for what their helpful can do for others.

## **11. Encourage expression through art**

Sometimes students think and feel things that can't quite put into words. Art is a great tool to allow them to explore topics from a different perspective. Have them sketch their thoughts and feelings as an interpretation of a piece of music or poetry. Explore color as a source of calming and refocusing.

## **12. Throw away your stress**

This simple activity is one of the most productive social-emotional learning activities for learners of all ages. Ask your students to write down their expectations and insecurities, rip them up and throw them away. This emotional check-in takes about three minutes. By acknowledging how they are feeling, you will acknowledge their barriers to learning and create a safe space for your students to overcome them.

**13. Foster deeper connections**

Have your students interview each other throughout the year about topics such as cultural background, family traditions, or opinions about current events. Conducting a formal interview is different than a casual conversation and teaches skills such as focused listening and conversational skills. In addition, learning about their classmates will broaden their perspective as they consider that everyone's background and experience are not necessarily the same as their own.

**14. Give Responsibilities**

Giving children responsibilities and job help build their sense of self-worth and gives the message that we are all part of a larger community. It is important that every student has some type of responsibility, whether it is in class, library, lunch counter or playground.

**15. Celebrate Diversity**

Spend time discussing and learning about people from diverse cultures, backgrounds and ability levels. Children need to hear, see, discuss and understand that we are part of a larger community within our countries and world. Early discussions about diversity can help promote tolerance, acceptance and inclusion for everyone.

**16. Encourage Reflection**

After students complete a task, assessment, project or assignment encourage them to reflect about their own progress. This is a critical SEL skill that can be used across all curriculums, such as mathematics, science, History and more.

**Emotional skills**

Emotional skills refer to the ability to recognize, express and regulate your emotions. Emotional skills are the foundation of self-awareness and good mental health. Recognizing and understanding your emotions also helps to recognize those of other people, which is an integral part of how we interact with others.

Emotional skills do not develop by themselves. Their foundation is laid in childhood. The skills that you learnt in childhood to recognize, express and regulate your emotions have a big influence on how you cope during hard periods in life, how you act with other people and how well you actually know yourself. Like other skills, these too can be learnt and strengthened throughout life. Emotional skills are an important resource in your life and you should strengthen them irrespective of what kinds of skills you have learnt previously. Dysfunctional skills can be changed and good skills improved.

Researches shows six different emotions that are known as core emotions. They are

- Happiness
- Anger
- Sadness
- Disgust
- Surprise and
- Fear

Various parts in the brain can trigger different emotions.

Understanding, using and managing your emotions are crucial life skills that can help you succeed both personally and professionally.

They are important life skills that support pupils ability to cope with and negotiate their way through difficult situations, as well as build positive relationships with their peers and adults. These skills can improve academic attainment and enhance pupils' motivation and help prevent mental health difficulties from developing.

Schools can play a pivotal role in building the strong emotional foundations that all of us need in order to thrive and be mentally healthy. Emotional skills help children and young people to:

- Identify and manage their feelings and their behaviour and reach out for help where necessary
- Build and manage healthy relationships
- Have self-control
- Resolve conflict
- Be self-aware
- Handle and overcome difficulties
- Make good decisions
- Build resilience, self-esteem and confidence.
- Think positively about themselves and how they perceive the world around them.
- Recognize and prevent poor mental health
- Grow into well rounded and healthy adults
- Encourage positive behavior

## **Benefits of Emotional Skills**

- Helps you excel personally, professionally and socially
- Help you make effective decisions
- Increase your productivity at work and home
- Improve the quality of your relationships with others
- Can lead to increased happiness and wellbeing
- Your emotions can help or hinder success at any aspect of life
- Increase your emotional awareness
- Reduce stress
- Enhance social skills
- Create a positive environment
- Improves communication skills
- Help employees to move to the next level
- Increases frustration tolerance
- Increase sense of accountability
- Fosters better leadership

## **Coping with stress and dealing with emotions**

Coping strategies are behavioural and cognition tactics used to manage crisis, conditions and demands that are appraised as distressing. There are two general types of coping. Problem-focused coping is directed at problem solving or taking action to change the source of the stress. Emotion-focused coping, in contrast, focuses on reducing or managing the emotional distress that result from the crisis. Some emotion-focused coping strategies include wishful thinking, distancing, avoidance and positive reappraisal. The effectiveness of any particular coping strategy varies according to the situation, and there is not one generally accepted way for older adults to cope with stress.

Tips to manage stress

### **1.Exercise**

Exercise will improve your mood and relax your body and mind. Remember that doing any exercise is better than none at all

### **2.Relax Your Muscles**

When you are stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by:

- Stretching
- Enjoying a massage
- Taking a hot shower or bath
- Getting a goodnight's sleep

### **3. Deep breathing**

Stopping and taking a few deep breaths can take the pressure off you right away. You will be surprised how much better you feel once you get good at it.

### **4. Eat well**

Eating a regular, well balanced diet will help you feel better in general. It may also help control your moods. Your meals should be full of vegetables, fruits, whole grains and lean protein for energy. It is not good for you in bad mood, which can actually increase your stress.

### **5. Slow Down**

Modern life is so busy and sometimes we just need to slow down and chill out. Look at your life and small ways you can do that. Take a Break.

### **6. Take a break**

You need to plan to give your mind time off from stress. If you are a person who likes to set goals, this may be hard for you at first. But stick with it and you will look forward to these moments. Restful things you can do include:

- Meditation
- Yoga
- Prayer
- Listening to music

### **7. Hobbies**

You need to set aside time for things you enjoy. Try to do something every day that makes you feel good and it will help relieve your stress. Even 15 to 20 minutes will do.

- Reading
- Playing
- Doing puzzles
- Doing an art project etc.

### **8. Talk About Your Problems**

If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist. And you can also talk to yourself. It is called self-talk

Self-talk help to reduce stress. Be sure that it is positive and not negative. For example, don't tell yourself "I can't do this". Tell yourself instead: "I can do this," or "I'm doing the best I can."

### **9. Eliminate Your Triggers**

Figure out what are the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you are able to identify what they are, see if you are able to eliminate them from your life, or at least reduce them

### **10. Learn more about stress relief**

Stress is an unavoidable part of life, but that does not mean you should ignore it. Too much untreated stress can cause potentially serious physical and mental health problems. In many cases, stress is manageable. With some patience and a few useful strategies, you can reduce your stress, whether it's a family stress or stress at the workplace.

Various life skills

Life skills can help youth better understand themselves, get along with others and gain tools to cope with life's inevitable difficulties

### **Importance and Benefits of Life Skills**

Life skills are abilities for adoptive and positive behaviour that enable humans to deal effectively with the demand and challenges of life,

#### **Definition :**

Life skills are defined as "a group of psychological 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.

Life Skills curriculum offers youth the emotional, social and intellectual tools needed to achieve success in life – on a personal level, an interpersonal level and within their community and work places.

#### **Self-Awareness**

- Stress management

- Emotional regulation
- Positive thinking
- Self-esteem

#### **Interpersonal Skills**

- Empathy
- Listening skills
- Interpersonal effectiveness
- Handling disputes
- Managing relationship
- .Confident communication

#### **Thinking Skills**

- Goal setting
- Decision making
- Problem solving
- Critical and creative thinking
- Executive function skills
- Resilience

Self awareness – knowing and living with oneself. This theme covers topics that foster the student’s relationship and understanding of themselves including their thoughts, feelings and behaviors.

Interpersonal skills- knowing and living with others. The lessons in this theme explore how to establish healthy, respectful relationships, lessons highlight the use of non-violent communication, assertiveness and dispute resolution.

Thinking skills- make effective decisions. The skills taught in this theme include concrete way of thinking and executing tasks so that youth will make effective decisions, set relevant goals, and be informed consumers of information.

#### **Importance of Life Skills**

Life skills provides readily available tools to deal with challenges or demands of daily lives the youth face, from managing their emotions to make an informed decision. It also helps develop children’s personality, talents, mental and physical abilities and realize their true potential through learning to know one and others and make effective decisions to live harmonically together in the society.



Life skills have the ability to manage your emotions, your health, your finances, your emotions, your relationships, your school performance, etc.

- Life skills help individuals recognize the effect of their actions. These skills enable people to take responsibility for their actions and desist from blaming others.
- They improve their workmanship and save time.
- Development of life skills promotes a greater sense of self-awareness as well as an appreciation of self and other people in the community.
- Self-awareness leads to high self-esteem
- Life skills promote assertiveness. Listening and valuing the opinion of others is a vital part of this quality.
- The skills empower individuals on how to cope with emotions like love, anger, fear, disgust and desire to be accepted which are usually subjective and repulsive reactions to a situation.
- Promote non-violent conflict resolution
- Build peer resistance, ability to stand up for your personal beliefs and values.
- Life skills improve interpersonal relationships
- Life skills enable people to think critically. They teach children how to analyze critically their surroundings.
- Stress is unavoidable in life. Life skills cope with life stresses.
- Life skills promote sound decision making.
- Life skills foster feelings of empathy. The feelings enable Individuals to support people faced with severe problems to help them recover as soon as possible.

### **Benefits of Life Skills**

Life skills help to students to develop self. Confidence and successfully deal with significant life changes and challenges. It gives them a voice at school, in their community and society at large.

- Find new ways of thinking and problem solving
- Recognize the impact of their actions and teaches them to take responsibility for what they do rather than blame others.
- Build confidence both in spoken skills and for group collaboration and cooperation

- It enables them to make a positive contribution by developing the expertise and experience they need to assert their rights and understand their responsibilities , while preparing them for the challenges and opportunities of adult and working life. Life skills education addresses the combination of psychological and social factors that contribute to healthy behaviour.
- The implementation of life skills education in schools addresses the needs of the children. Life skills education introduces learner centered and
- Interactive teaching method which can have a positive Impact on the relationship between teachers and pupils
- Life skills have Impact on the teaching of academic subjects
- Life skills education addresses the needs of the child as specified in the United Nations convention on the rights of the child. Life skills education Is of particularvalue to young people growing In multicultural society

### **Humanistic Curriculum Design**

Here a teacher would allow students to learn by their own free will and desire for knowledge . Since the humanists believe that the desire to learn is innate and aimed towards the ultimate goal of self-actualization the motivation must come from the learner .

#### Meaning of Humanistic Curriculum Design

The Humanistic Curriculum is based on the belief that the education that is good for a person is also best for the wellbeing of the nation. To design the Humanistic Curriculum. We have to focus on the question· what does the curriculum mean to the learner??" Self-understanding, self-actualization,

And fostering the emotional and physical well being as well as the intellectual skills necessary for independent judgment became the immediate concern of the humanistic Curriculum. To the humanists, the goals of education are related to ideals of personal growth, integrity and autonomy. Healthier attitudes towards self, peers and learning are among their expectations. Socrates, Plato, Aristotle, Locke, Rousseau, Kant, and Pestalozzi are some of the great humanist of the world history.

#### Humanists Curriculum

- The development of self is the ultimate objective of leaning.
- It stresses the whole person and the integration of thinking, feeling and doing.

- It considers the cognitive, affective and psychomotor domains to be interconnected and must be addressed in the curriculum.
- It stresses the development of positive self-concept and interpersonal skills.
- The humanistic approach consider the planned curriculum and the hidden curriculum
- It is a student centered approach.
- It believes that the total development of the individual is the prime considered approach.
- A basic premise of humanistic pedagogical frameworks is that curricula focused solely on academics is incomplete, and that it is the responsibility of teachers to address the needs of the whole child, including social and emotional learning.

### **Characteristics**

- The Humanistic Curriculum has prime significance for the development and realization of complete human personality of the student.
- The humanistic curriculum does not take student as subservient to society, history or philosophy but as a complete entity.
- Humanists stress on individual freedom and democratic rights to form global community based on “common humanity of all people”
- The Humanistic Curriculum is based on the belief  
That the education that is good for a person is also best for the well-being of the nation.
- To design the Humanistic Curriculum, we have to focus on the question “What does the curriculum mean to the learner?”
- To the humanists, the goals of education are related
- To the ideals of personal growth, integrity and autonomy.
- Self-understanding, self-actualization, and fostering the emotional and physical well-being as well as the intellectual skills necessary for independent judgment become the immediate concern of the humanistic curriculum.

Healthier attitudes towards self, peers, and learning are among their expectations.

### **Humanistic Teacher**

- The humanist teacher is a facilitator, not a disseminator of knowledge.
- Participatory and discovery methods would be favored instead of traditional lecture method.

- As well as the student's academic needs the humanistic teacher is concerned with the student's affective needs.
- Teacher be a role model for the attitudes, beliefs, and habits you wish to foster
- Feeling and thinking are very much inter linked
- Feeling positive about oneself facilitates learning
- Teacher's effort would be put into developing a child's self-esteem. It would be important for children to feel about themselves and feel that they can set and achieve appropriate goals.
- Humanistic focuses on learner autonomy and potential, having where teachers encourage learners to be self-directed.
- Humanistic teacher motivate their students through mutual trust. They encourage positive student teacher relations by teaching out of their own interests and commitments while holding to the belief that each child can learn.

### **Goal of Curriculum**

The Social goal or purpose is to develop the whole person within a human society.

### **Personal Curriculum Design**

#### **1. Personal Curriculum for weaker students**

Generally, to earn a high school certificate, a student must satisfy certain requirements of Board of requirements, however by developing a personal curriculum for a student. All students are entitled to a personal curriculum. If a parent of the student who has completed 9<sup>th</sup> standard (or the age of the student is 1B or more), or a student's teacher or counselor may request a personal curriculum.

A group that includes the student; the student's parent or guardian; and a teacher , guidance counselor, or person acting in a counseling role, will consider the request. If the group determines applicant is in need of a personal curriculum , grant the request and will develop a personal curriculum . For most students , the group that develops the personal curriculum may make only certain modifications to the usual Curriculum.

For students with disabilities, students with weak mental abilities and for certain students transferring from one school to another or from out of state, the group may make certain modifications in the existing curriculum. For all students, a personal curriculum must incorporate as much of the board curriculum content expectations as is practicable for the student, must include measurable goals for the student to achieve while in high school.

It must include a method to evaluate whether the student met those goals and must align with the student's development plan.

Before a personal curriculum becomes effective, school administration, education department and the student's parent or guardian must agree to its terms. Once effective, then the student's parent must communicate with each of student's teachers to monitor the student's progress on the personal curriculum goals. A student who successfully satisfies his or her personal curriculum may earn a secondary school certificate.

Personal curriculum is not available in India. Foreign countries have his facility weaker and disability students.

## **2. Personal curriculum for personal growth**

Investing in personal and professional development helps creative stimulated, how your craft and enhance your business. Design your own learning plan. Here are some ideas on how to so that

- Make a list of topics you want to learn about
- Be clear on your desired outcome
- Take into account how you learn / develop your plan
- Decide on how much you are willing to invest for the programme
- Develop a time line
- Research options, identify your top choices and take action
- Find a study friend
- Apply what you are learning

Lifelong learning is a key for career growth. By developing a personal leaning plan and making a commitment to gain new knowledge and skills, you can create new professional opportunities for yourself and take your career to next level.

Personal curriculum also called a professional learning syllabus is a self-directed tool to help an individual achieve specific learning objectives. It communicates what you need to do to gain the skills you need to develop, when each action needs to occur and how to measure success.

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