

Abstract to be submitted for LSE conference 4-6 Nov 2022

Title: Experience of using customised sessions of Life skills

Presenting Author

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Background

DFC, a coaching Institute at Aurangabad takes weekly sessions for their students on topics related to Personality Development, Emotional, Mental and Physical Health. These Sessions are in the form of Surveys, Activities and Lectures.

Purpose/objectives

Identification of Issues that students face in their day-to-day life and providing them solutions through proper channels.

Methodology

Sample - 218 Students (15 to 18 years) of DFC

Tools :1) Online google form a) 7 Questions (SWOT Analysis)

b) 10 Questions (Problem-Solving and Decision-Making Skills)

Results

DFC administered total 18 questions. Due to word limit, all results will be discussed during presentation. Few results suggest that Students consider their family, themselves or a quality that drives them as their biggest strength(86.70%). Weaknesses majorly lie in Emotional Vulnerability and Academic Problems(66.30%). They have good insights about their short-term goals but need clear vision towards their long-term goal. Career/Educational Opportunities are well recognized by the students(73.40%) yet they feel their personal life to be more of threat-providers(82.56%). The last question of the survey was for students to realize that they can solve their own problems and it was reflected in the answer as 87.16% Students answered Yes/Mostly.

Conclusions

AACCI conducted an interactive session based on the WHO Life skills of coping with stress and emotions and problem-solving skills. We also repeated the first question about thoughts

which showed a change. Before and after results: 36.23% positive vs 59.17%; 27.9% neutral vs 9.17%.

We also did a survey on Exam anxiety on these students.

Keywords

AACCI, DFC, WHO Life Skills, coping with emotions and stress, problem-solving.

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