

LIFE SKILLS EDUCATION FOR SCHOOL EFFECTIVENESS AND IMPROVEMENT
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During the 21st century, life, globally, is undergoing significant transition and change. Among the most affected are the adolescents. Technological advances have made the world a global village. Technology also has made adolescents more dependent on the parents economically than in the agricultural era. Today's youth is exposed to more information and cultural alternatives than in earlier periods. This provides them with culturally diverse choices, which cannot be easily exercised due to economic dependence. Rapidly changing social, moral, ethical and religious values have ushered in certain 'life styles' in the present society especially among the youth.

Certain inbuilt buffers of the society (both as support and control) are no longer available to the adolescents of today (for instance: extended family system, the smaller community that is personal and closed – be it a village or religious community, uniform culture - in the smaller circle of living, traditional ways of thinking, behaviour with very little individual need to exercise choices. The stress faced by the adolescent in such a current situation is enormous. This is reflected by raising suicide rates and growing crime among young persons. There is an urgent need to provide today's youth with a new set of ways and systems to deal with the demands of life. Since the 'individual' rather than the 'system' is recognized as the basic unit of the society, it is essential that the youth be helped to develop skills inherently to handle a wide variety of choices, changes and stressors. The values of a stable society and the family have to be strengthened with the skills of the individual, which would enable him/her to be stable amidst rapid