

## Report on the Life Skill Development Program Conducted by Mr. Adrian Rosario

Date: May 28, 2024

Venue: St. Xavier's Institute of Education 5th Floor classroom

Time: 10.40 am to 12.40 pm

The Life Skill Development session conducted by Mr. Adrian Rosario on May 28, 2024, was truly insightful and engaging. Adrian led us through a series of activities that not only helped us understand the importance of life skills but also allowed us to practice them in a practical setting.

Mr. Rosario began the session by asking the students about any memory associated with any of our school teachers. Each one of them had good, bad, and impactful memories to share. Later, each topic was conducted through various interactive activities. He emphasized the importance of "Need to know basis", personalizing communication with speed and concentration, a teacher's first skill to like her/himself. These life lessons were delivered through various activities, which kept the students engrossed in his session.

During the session, Mr. Rosario offered valuable advice on improving our skills as future teachers. He emphasized the importance of effective communication, active listening, empathy, and conflict resolution in establishing strong connections with students, parents, and colleagues. Mr. Rosario's guidance on honing these abilities will benefit our teaching careers. Additionally, he provided valuable insights into our challenges as teachers and shared strategies to address them effectively. Mr. Rosario equipped us with the knowledge and tools to navigate many situations successfully.

Toward the end, Mr. Rosario shared 4 ideas for teachers to remember lifelong, those 4 ideas are as follows:

1. Learn to like yourself
2. Play your day, week, and month
3. Whenever tempted to make judgments, stop it
4. Develop fixed skills.

Followed by a beautiful vote of thanks by F.Y.B.Ed. student Ms. Sanika Tambat. Overall, Mr. Rosario's session was not only informative but also practical, offering us a holistic approach to developing our interpersonal skills as teachers. His guidance will undoubtedly help us become more effective and empathetic teachers in the future. Though short of time, the session was done at 12.40 pm in the hopes that more such sessions would be conducted.

