

Cultivating Attitude Paves the Way to Success: A Soft Skill Classroom

S. Jemi Mercifa

Assistant Professor

GKM College of Engineering and Technology

Chennai 63

=====
Soft skills are the set of behaviours which will help people to get along well with others and socialize with them. They include many traits like critical thinking, confidence, problem solving, leadership skill, risk taking, time management, attitude and so on. From this paper one can understand the importance of one of the soft skills, "Attitude" and how it can be cultivated. In the present scenario, the recruiters are looking for people who are good at managing themselves as well as others. On the other hand, students are struggling to cope up with the expectations of the companies. Some of them are very strong technically, but not able to with stand due to lack of soft skills. To bridge the gap, students are to be taught soft skills in the classroom. It's good to have technical skill, in the same way soft skills are also needed to survive in this competitive world.

Everyone in this world wants to succeed in their life. Success is the destination or a state which anyone has dreamt of. To have success, one needs to have a vision or a dream. Vision or a dream is a source of power to move to the next level. Without dream it will be difficult to move forward. Dreams can be seen in the mind again and again. To make all the dreams into action, students have to know the importance of the mind, how it works, how it leads them to success, and how they have to use their mind to take a decision. Napoleon said,

"What the mind can conceive and believe, the mind can achieve" (Attitude is Everything, 20)

Whatever comes to the mind, they need to believe it, and then the mind will make them to achieve it. In this technological world, students are not interested to spend time to think about their goal and vision. No one is ready to take responsibility for their career, goals and behaviour. The truth is they don't really understand the importance of their mind, because right thinking matters the most to have a right attitude. Attitude is a set of beliefs which anyone has in his mind. It brings a change in his world. it can be defines as

"The mind-set or mental conditioning that determines our interpretation of and response to our environments." (The Spirit of Leadership, 31)

Attitude makes anyone a better person; it is the answer to all his questions. It gives not only confidence but also leads to have healthy relationship with others. It will not allow anyone to have

neither superior nor inferior complex. It makes him to treat others with respect and dignity. Mind plays a prominent role in this regarding. Without having a right thinking no one can get right attitude. To have a right attitude one must change his thought.

To have a right attitude one has to know himself, that is self-awareness. Students are coming from different backgrounds. To make them feel confident, teacher has to make the students to know themselves first. Peggy Klaus says,

“Knowing yourself is as important as knowing how to do the job” (The Hard Truth about Soft Skills, 9)

Most of the students have got fear; they think low about themselves, this will hinder them to succeed. To get rid of the fear as well as to get out of their disbelief about themselves, this game will help them to overcome it. This game can be played in the classroom. Make two circles; one inside the other, each circle can have fifteen students. This game can be recommended for students from second year onwards, because they need to know each other better before the game itself. A piece of paper has to be pinned at their back, everyone should have a pen. When it is said, time starts, they can start playing. Students in the both circle face inside the circle, so that the outer circle students can write at the back of the inner circle students. Each student has to write one positive point about others at their back; the circle has to move, so that everyone will get a chance to write. Once it is done, students in both circles can turn around, so this time, both circle face outside. Now the inner circle students have to write at the back of the outer circle students. Thus everyone will have a chance to write something positive about others. After the game is over, they can take out the paper and read what is in the paper. Especially students from rural area or those who have low self-image, when they read what is written in the paper, it will help them to understand themselves better. It will give them confidence, then they can start believing themselves. Once they start thinking positively about themselves, then it will be easy to make them to the next level of forming a right attitude, because attitude matters. Dr. Myles Munroe said,

“There is nothing as powerful as attitude. Attitude dictates your response to the present and determines the quality of your future. You are your attitude, and your attitude is you... Attitude creates your world and designs your destiny. (The Spirit of Leadership, 31)

This game is like a starter, because it is not advisable to stand and believe on the words of others alone. Once they started believing themselves, they will start seeing the environment differently. It will change their attitude towards their life. It helps to approach their situation more confidently. It removes all the negative thoughts and low self-image from their heart. It energizes their environment automatically. Next motivational videos can be played in the class to build their confidence and make them understand they are personally accountable for their life, goal, career and attitude. The way they think will bring changes in their behaviour, it will reflect in their work too. The way they see the world will start changing. Attitude is the more powerful in this world. The famous psychiatrist, Dr.Karl Menninger said,

“Attitudes are more important than facts.” (The Power of Positive Thinking, 18)

When they have the right attitude, they will start seeing the possibilities. It paves the way to success. This is the right age to cultivate attitude. Having a right attitude is an important asset in their life. It determines success.

Only classroom activity will not help the students to develop their attitude. There are place to get corrupted in their mind. To keep their mind to believe themselves, a small activity can be given to them to do at home every day. It is called ‘mirror exercise’. Make the students to say something positive about themselves in front of the mirror like ‘I am a very confident person, I can do great things, I can win people’s heart, I am grateful, I always make others happy, I help anyone who is in need, I achieve great thing in life, I love people, I honour elders, I am a quick learner’ and so on. When they start saying these things regularly, it will give them confidence and it will create positive atmosphere. Through this they can overcome their negative thinking about themselves, once they are able to think positively about themselves, it will lead them to face anyone with confident and start respecting others too. It changes their perception of others. Also some motivational books can be suggested to them to read. Benjamin Disraeli said,

“Nurture your mind with great thoughts” (Attitude is Everything, 20)

Thus, through games attitude can be cultivated. The main source of attitude is the mind-set. To have a right mind-sent, one has to know who he is, and how he can develop himself. Once getting right mind-set, it will reflect in the behaviour that is called attitude. Getting right attitude is alone a success; it has to be cultivated every now then by reading and listening to the people who have got right attitude. Students can be encouraged to get associated with the people who has got right attitude. They can be motivated in such a way that they can see their problems as their opportunities.

Works Cited

1. Keller, Jeff. “Attitude is Everything.” St. Augustine, FL, USA 2001.
2. Klaus, Peggy. “The Hard Truth about Soft Skills.” Harper Collins e-books, 2007)
3. Dr. Munroe, Myles. “The Spirit of Leadership.” Whitaker House, 2005,)
4. Dr. Vincent Peale, Norman. “The Power of Positive Thinking.” Self-improvement ebooks.com, 2006)