

DESIGNING AND IMPLEMENTATION A LIFE SKILLS TRAINING PROGRAM FOR IMPROVING SOCIAL COMPETENCE AND ACADEMIC ACHIEVEMENT OF FIRST GRADE HIGH SCHOOL GIRL STUDENTS IN TEHRAN CITY

*M. Khademi Ashkzari*¹, *E. Khademi Ashkzari*²

¹Educational Psychology, ²Education, Alzahra University, Tehran, Iran

The aim of present research was to investigate the impact of life skills training program on the advancement of social competence and academic achievement of first grade high school girl students in Tehran city.

The sample of this experimental research consists of two groups of thirty students from 14 and 2 education zones of Tehran. Students were randomly assigned to control and experimental groups. The research tools used in this study were social competence questionnaire ($r = 0.89$) and 1st and 2nd term grade point averages, which were taken twice as the pre and post tests. Experimental group took part in 12 sessions of life skills training program (90 minutes each which consisted of: self awareness, decision making & problem solving, time management, control of aggression, assertiveness, coping with stress & interpersonal relationships).

Data was analyzed using covariance statistical test (ANCOVA). Results showed that experimental group benefited from life skills training program and their social competence and its components (cognitive, motivational, behavioral and emotional) improved significantly, but the impact on their academic achievement was not significant.