



Article published on April 19th 2012 | [Education](#)

The Indian job market has increased in shape and size with fast spread globalization. As opportunities have grown multi-fold, so has the competition; demanding better competencies with each job-role. There is a minimum level of qualification required to expand one's responsibilities in the work place. However, the larger picture of the Indian society, does not give room for continuing education due to family and financial commitments. In this scenario, distance-learning courses are the viable route for students, working professionals, and the job industry to meet the supply with the demand.

As competition increases in the industry, performance is the demand of the minute making optimum productivity of the human resources as the need of the hour. As the pressure for performance is overarching, stress is an inevitable by-product of productivity, which if left unhandled, can form a vicious circle reducing performance. Stress management at the workplace can be streamlined with problem-solving skills that are part of every subject and curriculum. With distance learning courses leading candidates to the job-industry on a mass-scale, the ambit of these programs can expand with a novel approach to problem-solving skills.

Distance Learning courses have experienced exponential growth over the last decade, delivering high-rate employ-ability in today's competitive job market. In terms of course-content, teaching methodologies, student-interfacing, industrial exposure etc, distance education has delivered quality. Job-readiness from distance education is treated on par with the regular stream, ensuring employment, post the degree. What distance education can accomplish further through its teaching techniques is ensuring sustained productivity of working professionals or students. Here, integrating problem-solving skills with stress management techniques can render the cutting-edge solution.

Going beyond the academic scope of problem-solving, active student-counseling sessions can be introduced during contact classes or through the online platform, in a distance-learning program. These sessions should infuse the concept of having realistic goals to achieve. In principle, such programs should be centered on the "One-step-at-a-time-to-reach-your-goal" technique. This technique will splice every goal "big and small, into different milestones and the focus will be on the immediate milestone to be reached and not the goal at end. This way, as each milestone is split in a period, the target becomes achievable with less room for negative stress. Any problem, which poses as a "black-hole", should be countered from a totally different angle. Creative thought should be nurtured. Even if in-spite of all efforts, the problem does not resolve, it does not imply incompetence but a lead to a new avenue of learning. This kind of approach will ensure that productivity is sustained at each level and stress is used positively to perform. Self-assessment, identifying one's strong points and weaknesses should also fall into the scope of the counseling sessions of the distance learning courses. These parameters enhance employ-ability, which will survive and lead in the competition.

As distance education is set to change the face of India, each individual unit of the country seeks better economic power, through employment, which will survive, sustain and soar to heights of achievement.

Article Source:

<http://www.articleside.com/education-articles/how-distance-education-courses-building-up-your->

[work-flow.htm](#) - [Article Side](#)

[Emily](#) - About Author:

a [Distance Education](#) | a [Distance Learning Courses](#)

Article Keywords:

distance, education, learning, courses, university, India, workplace, degree, survive, pressure, performance

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!