

OBJECTIVES



By the end of the session you will be able to

- know the concept of Life Skills
- Understand the need and importance of Life Skills in day today life.



SKILLS

SKILLS



- What are skills?
- What is the difference between a skilled and unskilled person?
- Why is it necessary to have skills?
- How does one acquire skills?
- Why should the skills be enhanced?

What are Skills?

- Skills are the learned capacity which helps us to do a task effectively.
- Skills are abilities to use know-how to complete tasks.
- Skills are acquired through practice and patience
- A skilled person uses less time, energy and resources to do a job and produces quality results
- Skills are gained through school/college, work experiences, hobbies, books, elders, peers etc
- Skills can be improved if we could identify, analyze and practice them.

TYPES OF SKILLS



- Literary Skills
- Language Skills
- Functional Skills
- **Livelihood Skills**
 - Vocational Skills
 - Technical Skills
- Employability Skills
- Cultural Skills
- Sports Skills
- Recreational Skills
- **Life Skills**



Types of Skills



- × **Literary skills** - Reading, writing & Numeric Skills
- × **Language Skills** - Using languages in writing/speech
- × **Functional skills** - Filling of Bank forms, Able to read Maps, using ATM, mobile, computer etc.
- × **Livelihood Skills:**
 - + **Vocational Skills** – Carpentry, Tailoring, Handicrafts etc.
 - + **Technical Skills** - The knowledge and abilities needed to accomplish mathematical, engineering, scientific or computer-related duties, as well as other specific tasks.

Types of Skills



- **Employability Skills** – Specific Skills for the job, to be employed and to sustain in it such as Communicating, Teamwork, Problem solving, Initiative and enterprise, Planning and organizing, Self-management, Learning Technology etc.
- **Cultural Skills** – Singing, Dancing, Dramatics, Artistic
- **Sports Skills** – Racing, Jumping, Boxing, Jogging etc.
- **Recreational Skills** – Games, Play Music, movies, Outdoor activities
- **Life Skills**



What are Life Skills?

Life Skills

Life Skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO)

Adaptive means that a person should have the flexibility to adjust according to the situation. For **positive behavior**, a person needs to have positive thinking and look at opportunities even in difficult situations, in order to cope with the situation.

Life Skills



- UNICEF defines Life Skills as “a behavior change or behavior development approach designed to address a balance of three areas: **knowledge, attitude and skills**”.
- Life Skills, are essentially those abilities that help to promote physical, mental and emotional well being and competence to face the realities of life.

10 Core Life Skills (WHO)



- Self Awareness
- Effective Communication
- Critical thinking
- Decision Making
- Coping with emotion
- Empathy
- Interpersonal Relationship
- Creative thinking
- Problem Solving
- Coping with stress