#### **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.

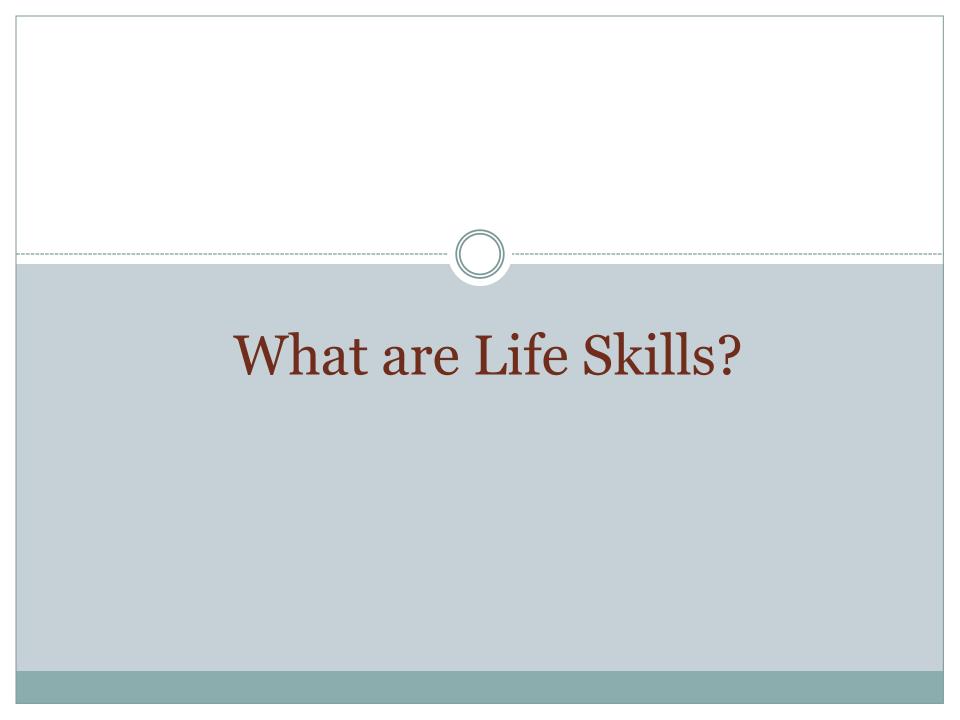
## Types of Skills

- 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 Artistic

- Singing, Dancing, Dramatics,

 Sports Skills Jogging etc.

- -Racing, Jumping, Boxing,
- Recreational Skills Games, Play Music, movies, Outdoor activities
- 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