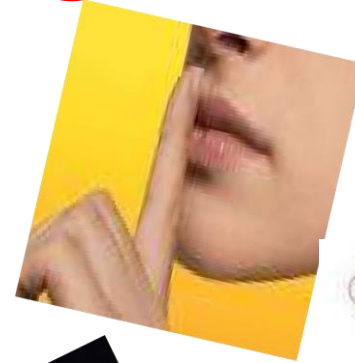


DIRECTORATE OF GENERAL EDUCATION - HIGHER SECONDARY WING
CAREER GUIDANCE AND ADOLESCENT COUNSELING CELL

LIFE SKILLS



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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.



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.



Why do we need Life Skills ??

We need Life Skills :-



- To develop a dynamic self image and great self esteem
- To improve the communication skills
- To make relationships better and handle interpersonal problems
- To boost our decision making ability and make informed decisions
- To help us to deal with the challenges of everyday life
- To become a **well adjusted individual**



Who is having Life Skills?
&

Who need Life Skills?

Life Skills....



- Life Skills are present in every individual
- To get the best out of them we need to sharpen them regularly.
- Every individual needs Life Skills for healthy and positive ways of living

Life Skills



- Life Skills are nothing new. We use it in different situations, but has been categorized for better understanding.
- Life skills can be learned/enhanced **throughout life**.
- Many life skills are used in **combination** in dealing with certain situations
- Rehearsing the use of life skills in simple situations makes it easy for utilizing them in complex situations also.

Importance of Life Skills...



- Enable us to adapt to situations and people
- Help us to have a positive approach and not get depressed with problems.
- Reduce vulnerability and high risk behavior
- Life skills bring greater acceptance , better relationships and a healthy, positive life

Life skills are not the only solution !!!!

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

Categories of Life Skills



- **Social Skills and negotiation Skills**

- Self Awareness and Empathy
- Effective communication
- Interpersonal relationship

- **Thinking Skills**

- Critical and Creative thinking
- Problem Solving & Decision making skills

- **Coping skills**

- Coping with stress and emotion



Self-Awareness



- The ability to introspect, analyze and accept one's thoughts actions and feelings; recognizing and acknowledging one's needs and desires.
- Ability to know our self:** Our Character, desires, likes, dislikes and our strengths and weaknesses.
- Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is also often a prerequisite for effective communication and interpersonal relations, as well as for developing empathy for others.

Empathy



- Is the ability to be sensitive to another person's situation .
- Is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with.
- Ability to imagine oneself in the shoes of someone else temporarily, i.e. a friend, parent or others and experiences their emotions, understand their concerns, worries, fears and needs and feeling.

Empathy



- **Empathy is the ability to accept and understand others who are different from you.**
- **Empathy encourages a positive behaviour towards people in need of care and assistance.**
- **This skill works wonders when we apply it to our relationships with our loved ones, classmates, parents, friends, cousins and colleagues**
- **Finally it helps you to move closer to findings solutions, to resolve conflicts and enhance quality of life.**

Effective Communication



- Effective communication means that we are **able to express ourselves**, both verbally and non-verbally, in ways that are appropriate to our cultures and situations.
- **Listening.**
- **Assertiveness.**

Interpersonal Relationship



- **Initiate and maintain positive relationships** and de-link unconstructive relationships.
- Interpersonal relationship skills help us to relate in positive ways with the people we interact with..

Critical thinking



- **Ability to analyze information, experiences, situations and circumstances etc in an objective manner and rationally.**
- **Recognizing and assessing factors influencing our attitude and behavior.**
- **It is not merely criticizing.**

Critical Thinking



- Making objective judgments about choices and risks.
- Critical thinking can contribute to health by helping us to recognize and assess the factors that influence attitudes and behaviour, such as values, peer pressure, and the media.

Creative thinking



Ability to;

- **Think differently and out of the box**
- **Look beyond our direct experience**
- **Respond adaptively**
- **Having flexibility to situations in daily life**
- **Achieving the objectives in daily life situations**

CREATIVE THINKING



- **By thinking creatively we can find the solutions when it seems that there is no way out.**
- **Critical thinking promotes creativity. Just generating new ideas does not work. One needs to generate new ideas which are useful and relevant.**
- **And creative thinking helps us in improving ourselves after self reflection.**

Creative Thinking



- **Creative thinking contributes to both decision making and problem solving.**
- It helps us to look beyond our direct experience, and even if no problem is identified, or no decision is to be made.
- can help us to respond adaptively and with flexibility to the situations of our daily lives.

Problem Solving



- problem solving enables us to deal constructively with problems in our lives.
- Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

Steps in Problem solving



- Clearly identifying the problem
 - Explore the available alternatives
 - Weigh the consequence of each alternative and priorities.
 - Decide the best possible solution.
- If decision fails don't panic try another alternative/consult trusted person

POWER-MODEL



- **P- Identify / state the problem**
- **O- Examine The Options**
- **W- Weigh Each Option**
- **E- Elect Best Option**
- **R- Review and reflect**

Decision-making



Ability to;

- ❑ Choose the best amongst the various alternatives or options in many life situations
- ❑ Weigh the pros and cons of alternatives
- ❑ Accepting responsibility for consequences of the decision with confidence.

Decision Making



- **Decision making helps us to deal constructively with decisions about our lives.**
- This can have consequences for health if young people actively make decisions about their actions in relation to health by assessing the different options, and what effects different decisions may have.

Coping with Emotion



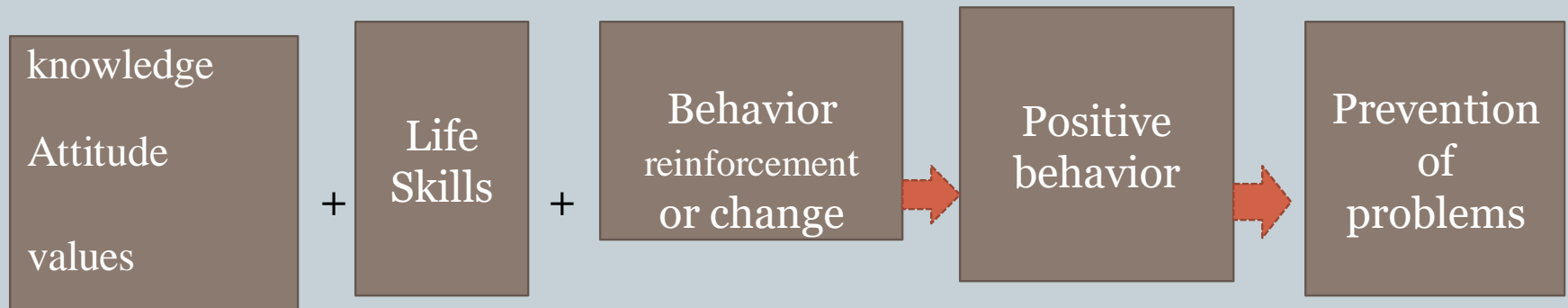
- Recognizing emotions in ourselves and others
- Being aware of how emotions influence behaviour,
- Being able to respond to emotions appropriately.
- Intense emotions, like anger or sorrow can have negative effects on our health if we do not react appropriately.

Coping with Stress



- Coping with stress is about recognizing the **sources of stress** in our lives,
- Recognizing how this **affects** us, &
- Acting in **ways that help to control our levels of stress** by changing our environment or life style and learning how to relax so that tensions created by unavoidable stress do not give rise to health problems.


Preventing problems through life skills



Life skills enable individuals to **translate knowledge** (what one knows), **attitudes and values** (what one believes and feels) into **actual abilities/action** (what to do and how to do it).

(source: programme on mental health, WHO-1993, Life skills education in schools)

Areas where Life Skills can be applied



- Education
- Sexual and Reproductive Health
- HIV/AIDS
- Violence Prevention / Conflict Resolution
- Media Literacy
- Substance abuse
- Environmental issues
- Career development
- Marriage
- Workplace

To Sum up



- *Life Skills help in developing positive and flexible attitude in life.*
- *Life Skills help in building self-confidence and self-esteem and enable us to adapt to situations and people.*
- *We learn Life Skills from our own experiences, perceptions, insight, stories, books, parents, teachers, religion, media, culture etc.*
- *We all have inherent Life Skills. To get the best out of them we need to sharpen them regularly*
- *Enhancing Life Skills enables us to adapt to situations and people and helps us to lead a healthy and positive life*

THANK YOU.....



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