


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^ Hard skills

Hard skills, also called technical skills, are any skills relating to a specific task or situation. It involves both understanding and proficiency in such specific activity that involves methods, processes, procedures, or techniques.^[5] These skills are easily quantifiable unlike *soft skills*, which are related to one's personality.^[6] These are also skills that can be or have been tested and may entail some professional, technical, or academic qualification.^[7]

^ Holistic competencies

Holistic competencies is the umbrella term for different types of generic skills (e.g. critical thinking, problem-solving skills, positive values, and attitudes (e.g. resilience, appreciation for others) which are essential for life-long learning and whole-person development.^{[8][9]}

^ Labor skills

Main article: *Skill (labor)*

Skilled workers have long had historical import (see Division of labor) as electricians, masons, carpenters, blacksmiths, bakers, brewers, coopers, printers and other occupations that are economically productive. Skilled workers were often politically active through their craft guilds.^[10]

^ Life skills

Main article: *Life skills*

An ability and capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carryout complex activities or job functions involving ideas (cognitive skills), things (technical skills), and/or people (interpersonal skills).

^ People skills

Main article: *People skills*

According to the *Portland Business Journal*, people skills are described as:^[11]

- understanding ourselves and moderating our responses
- talking effectively and empathizing accurately
- building relationships of trust, respect and productive interactions.

A British definition is "the ability to communicate effectively with people in a friendly way, especially in business."^[12] The term is already listed in major US dictionaries.^[13]

The term *people skills* is used to include both psychological skills and *social skills* but is less inclusive than *life skills*.

^ Social skills

Main article: *Social skills*

Social skill is any skill facilitating interaction and communication with others. *Social rules* and *relations* are created, communicated, and changed in verbal and nonverbal ways. The process of learning such skills is called *socialization*.

^ Soft skills

Main article: *Soft skills*

Soft skills are skills that are not directly measurable, such as character traits, attitudes, career attitudes and emotional intelligence quotient (EQ) among others.

[14] Soft skills, also known as common skills or core skills, are skills which are desirable in all professions.

See also

^ References

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8. [^] Chan, Cecilia K.Y.; Fong, Emily T.Y.; Luk, Lillian Y.Y.; Ho, Robbie (November 2017). "A review of literature on challenges in the development and implementation of generic competencies in higher education curriculum". *International Journal of Educational Development*. **57**: 1–10. doi:10.1016/j.ijedudev.2017.08.010 [↗].

9. [^] Chan, Cecilia K. Y.; Yeung, Nai Chi Jonathan (27 May 2020).