

LIFE SKILLS

TRAINING

ASSIGNMENT

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LIFE ISSUES / CHALLENGES THAT I HAVE EXPERIENCED DURING COVID-19

It's the time in which I understood what is life. It is the time when humanity showed its helping hand. Besides connected with social media networks, we still felt lonely during the lockdown. I just missed everyone so badly. I was longing when we would see our friends and relatives again.

I faced a bad network connection during online classes. I had a very bad experience. The outbreak of coronavirus may be very stressful for people. The fear and anxiety about a disease can be overwhelming and it cause strong impact in us. I felt changes in sleep and eating patterns. And I felt difficulty in sleeping and concentrating in studies. I felt a worsening of mental and chronic health problems.

We students are from different social background and not every student has access to a laptop or an internet connection.

As a student participating in the home learning program, online class was confusing to adjust to as we had not been prepared through simulations or practices. This is because most of us lack the devices and internet access to be able to participate in online classes.

And I suffered from severe fever and body ache for last two weeks, gone through many medical tests and its stress again during this lockdown. Private hospitals didn't attend patients and treating the patients like enemies, If we went to treat normal fever and common cold also, they were treating us like covid-19 patients. My mental health got affected because of these issues.

And we faced shortage of daily essentials during the mid of lockdown. In this lockdown period of 90-days, we faced and overcame many financial and health issues.

SUMMARY OF LEARNING IN LIFE SKILLS TRAINING

Certain skills may be more or less relevant to us depending on our life circumstances. I learnt the following skills in life skills training.

Communication and interpersonal skills :-

This broadly describes the skills needed to get on and work with other people. This skill helps to effective communication with friends and family.

Decision-making and problem solving :-

This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.

Creative thinking and critical thinking :-

This describes the ability to think in different and unusual ways about problems, and find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.

Self awareness and empathy :-

These are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

Assertiveness / Self-control. :-

These describes the skills needed to stand up for yourself and other people, and remain calm even in the face of considerable provocation.

Resilience :-

And ability to cope with problems, which describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experience.

These are all the above skills I have learnt in life skills training.