

PSY1010: The 10 Employability Skills

by Sophia



WHAT'S COVERED

In this lesson, you will be introduced to the 10 essential employability skills as well as explore the specific skills you will be learning more about in this course. Specifically, this lesson will cover:

1. Introduction to the 10 Skills



The jobs of today look very different from the jobs our parents had. Whether you work in a cubicle or on a construction site, technology has changed—and is continuing to change—the ways we connect, communicate, and create in our careers. In the past, a college degree was enough to set you up for professional success. Today, employers want job candidates who also have the right skills to succeed.

That's why we've partnered with top employers, business leaders, and recruiters to identify 10 skills that are critical to performing your best — not just in one field, but across all industries. These skills will prepare you for the needs of any future employer and set you up for success in a world that is constantly evolving.

Skill	Description	Why It Matters for the Future of Work
Self & Social Awareness	Understanding your personal strengths and limitations; recognizing your thoughts, emotions, and intentions; being open to receiving feedback; and identifying how your behaviors impact others.	Self awareness can help you find the right career for you, know when it's time to leave your current job, and make you a stronger leader. (Swerdlow, 5).
Technology	Being able to confidently and effectively use technology to be productive, complete goals and tasks, and maintain a competitive advantage.	78% of today's jobs require familiarity with technology, and digitally intensive jobs are growing faster and pay more than non-digital roles. (Southern New Hampshire University, 6).
Productivity	Strategizing, organizing, and effectively managing your time and priorities.	High performers can be up to 800 percent more productive than other workers, drastically cutting down the time and money needed to complete large tasks – something

		managers always value. (Keller, 7)
Initiative	Thinking independently, seeing what needs to be done, and taking action without being prompted.	Initiative has become more important in modern workplaces, as employers rely on people who have the courage to push their teams forward. (Mind Tools, 8)
Results Driven	Acting with a sense of urgency and focus to reach goals, without compromising integrity or quality.	As companies use more freelancers, they need those works to be results-driven so projects stay on track. (Do, 9).
Communication	Actively seeking and delivering information, clearly articulating ideas, effectively listening, and confidently connecting to various audiences, settings, and situations.	Communication is one of the top five skills that will be important in the future across all industries...and that employers currently find lacking. (Gilchrist, 10).
Relationship Building	Effectively working with others and establishing, cultivating, and leveraging networks over time.	85% of all open job positions are filled through personal connections. (Adler, 11)
Problem Solving	Identifying and framing problems, exploring ideas, and creating effective, ethical, and evidence-based solutions.	Problem solving is important in every industry, and this skill gives an especially notable edge in management positions. (CareerBuilder, 12).
Innovation	Creatively thinking and coming up with new ideas and solutions to solve old problems.	84% of business executives believe that innovation is important, but only 6% are satisfied with their company's performance in that area. (McKinsey & Company, 13)
Agility	Embracing change and effectively adapting when things around you are constantly in motion.	In one survey, 79% of executives said that the future of work will be based on specific projects instead of roles, meaning that having the agility to adapt quickly will be extremely important. (Lyons, 14)

As you work through this and other courses, consider how you can use these 10 Skills to achieve your personal, academic, and professional goals.

2. Skills in the Course

“Happy are those who can perceive the causes of things,” according to the ancient poet Virgil. Or as the rapper Nas put it, “Through your existence become wealthy, knowledge is king.”

Why study psychology? If the above quotes are true, psychology may just unlock the door to true happiness. That’s because psychology is the study of things that matter to most people: how and why we think and behave as we do. Psychology helps you understand yourself and understand others. Psychology also illuminates the world’s biggest issues, from prejudice and war to compassion and connection.

During this course, you’ll gain a better understanding of the study of psychology. And you’ll practice two essential employability skills that will help you utilize the psychological concepts you learn in this course to better understand and empathize with those around you and make smarter decisions throughout your life and career. They are:

- **Problem Solving** to identify and frame problems, explore ideas, and create effective, ethical, and evidence-based solutions based on psychological concepts and principles.
- **Self and Social Awareness** to monitor one's own and others' emotions, to discriminate among them, and to use the information to receive feedback, reflect, and guide one's thinking.

As you practice these two skills throughout this course, you will gain personal insights into motivation, memory, emotion, depression, aging, and much more. You will learn how you can use these insights to help you make better decisions in every part of your life so you can reach your career dreams.

3. Skills in the Unit

As you begin with this first unit, you will explore these skills in relation to the foundations of psychology. You will begin to understand how you can use these skills to better understand yourself and others. You will look deeper at how improving your skills can help you better understand why you perceive the world the way you do.

In particular, we will focus on the following:

Problem Solving

- Using the scientific method as a problem-solving process.
- Psychologists seek to find the answers to problems related to how we think and behave.

Self and Social Awareness

- Knowing more about why you perceive things the way you do can influence your decision-making.
- Psychological theories seek to explain why you think and act the way you do.
- Ethics in psychological research requires psychologists to consider how experiments impact their subjects.

Throughout the course, be on the lookout for various call-outs to help you better see the connections between the skills and the course content.



SUMMARY

In this lesson, you learned that there are 10 essential employability skills. Employers seek individuals who possess these skills and continue to work to strengthen them. These skills cut across all professions and career paths. You learned how **problem-solving** and **self and social awareness** will be incorporated into this course and why they are valuable.

Best of luck with your learning!

Source: THIS TUTORIAL WAS AUTHORED BY SOPHIA LEARNING. PLEASE SEE OUR [TERMS OF USE](#).