

# **CHAPTER EIGHT**

## **INTRODUCTION TO LIFE SKILLS**

# "We're in the Student Success Business"



Helping Students Develop  
the Academic, Social and  
Self-Management Skills  
They Need to Succeed

# 8.1. Nature and Definition of 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).*

*It is also defined as “behavioral changes or behavioral development approach designed to address **a balance of three areas**: knowledge attitude and skills” (UNICEF).*

Life skills are tools at our hands that **help us prevent, improve, and manage mind and behavior** for effective psychological functioning.

Life skills are essentially those abilities that help to promote **mental well-being and competence** in young people as they face the realities of life.

Hence, students who are able to understand and use these skills, along with their educational qualifications, will be better placed to take advantage of educational & employment opportunities.

## 8.2. Goals of Life Skills

- To **live in harmony with ourselves and others** around us, select the goods from the bad, choose gold from soil, simplify life etc.
- To update our skills and knowledge of dealing with life events and **lead a smooth and successful life** at home and work places.
- To empower **young people** to take positive action **to protect themselves** and promote health and positive social relationships.
- To enable explore alternatives, consider pros and cons and make **rational decisions in solving** each problem or issue as it arises.

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## 4 Pillars of education





## **8.3. Components of Life Skills**

- 1. Critical thinking**
- 2. Self- confidence**
- 3. Self-awareness**
- 4. Self- esteem**
- 5. Decision making**
- 6. Interpersonal relationship**
- 7. Reflective communication**
- 8. Peer resistance**
- 9. Knowing rights and duties**
- 10. Problem solving**
- 11. Stress management**

# 1. Critical thinking

- It refers to **thinking more** effectively within curricular subject areas, **understanding** the reasoning employed, **assessing** independently and appropriately, and *solving problems effectively.*
- It involves, as well, **improved thinking skills** in dealing with real life problems in **assessing information and arguments** in social contexts and *making life decisions.*

## ***2. Self-confidence***

It is the degree to which one can rely on his/her **ability to perform certain behavior** alone or in public.

It is individual's **trust in his or her own abilities, capacities, and judgments, or belief** that he or she can successfully face day-to-day challenges and demands.

### ***3. Self-awareness***

It is self-focused attention or knowledge.

It is the knowledge and **understanding of one's strengths and weaknesses**. Self-awareness involves monitoring our inner worlds, thoughts, emotions, and beliefs.

It is important, because it is a **major mechanism influencing personal development**.

## 4. *Self-esteem*

It is the degree to which we perceive ourselves positively or negatively; **our overall attitude toward ourselves**, which can be measured explicitly or implicitly.

It involves the degree to which the qualities and characteristics contained in one's **self-concept** are perceived to be positive. It reflects a person's physical **self-image**, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person.

The more positive the **cumulative perception** of these qualities and characteristics, the **higher one's self-esteem**.

A reasonably high degree of self-esteem is considered an important ingredient of mental health, whereas low self-esteem and feelings of worthlessness are common **depressive symptoms**.

## ***5. Decision-making***

It is a processes involved in combining and integrating available information to choose, implement and evaluate one out of several possible courses of actions.

Responsible Decision Making refers making decision after examining the choices & consequences in view of one's values and goals.

## ***6. Interpersonal relationships***

It is the relationships a person have with others persons. They are social associations, connections, or affiliations between two or more people having various levels of intimacy and sharing, and implying the discovery or establishment of common ground.

- It involves developing & nurturing supportive networks; ending relationships constructively; and helping individuals to relate with people in positive ways.

## ***7. Reflective communication***

It is attending communications with thoughtful and due attention to **reflect on one's own thinking, behaviors** and interaction with others.

It requires **expressing ourselves verbally & non-verbally; our opinions, desires, needs & fears; and advice and help.**

## ***8. Peer pressure resistance***

Indicates individual's **abilities and skills to confront negative influences** from his/her group members.

Take Pleasure & Pride in **saying NO when one wants to say "no"**.

## ***9. Knowing rights and duties***

It refers to one's **knowledge and understanding of rights and duties of individuals, groups, institutions and nations allowed to do or not to do by law and/or a culture.**

# 10. *Problem solving*

Refers to the process of identifying a discrepancy between an actual and desired state of affairs, difficulties, obstacles and complex issues and then taking action to resolve the deficiency or take advantage of the opportunity.

It is the process by which individuals attempt to overcome difficulties, achieve plans that move them from a starting situation to a desired goal, or reach conclusions through the use of higher mental functions.

# 11. Stress Management

- Recognizing effects of emotions on others and ourselves.
- Being aware of how emotions influence behaviors.
- Able to respond to emotions appropriately.

## How to Cope with Stress

- Recognize sources of stress in our life
- Recognizing how these affect us
- Identifying ways that help to control our levels of stress
- Learning how to relax to minimize tensions

*Group the following into thinking, working, social and learning skills. Discuss the grouping in class.*

a

- Decision making
- Self-knowledge
- Critical thinking
- Accessing and analyzing information
- Stress management

b

- ICT
- Agility and adaptability
- Receiving and giving feedback
- Handling criticism
- Innovation/ exploration
- Learner autonomy

c

- Cooperation
- People Management
- Time management
- Organization
- Negotiating
- Leading by influence

d

- Citizenship
- Social responsibility
- Cultural awareness
- Social development
- Respecting diversity
- Networking

# The Four Pillars of Education

## **Learning to Know: Developing Reasoning**

It relates to cognitive life skills such as critical thinking, problem solving and decision making skills. It thus refers to both the acquisition of knowledge as well as the use of knowledge.

## **Learning to Be: Enhancing Agency**

It relates to self-management life skills related to self awareness, self esteem & self confidence, and coping skills.

## **Learning to Live Together: Building Potential Through Social Capital**

It relates to communication skills, Negotiation skills, Refusal skills, Assertiveness skills, Interpersonal skills, Co-operation skills & Empathy skills.

## **Learning to Do: Functioning and Capabilities**

It refers to central human functional capabilities of “Life”, “Bodily Health”, “Bodily Integrity” and “Control over one’s Environment”.

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**THANK YOU!**