

SKILLS



- What are skills?
- What is the difference between a skilled and unskilled person?
- Why is it necessary to have skills?
- How does one acquire skills?
- Why should the skills be enhanced?

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page 4 of 42

Types of Skills



- × **Literary skills** - Reading, writing & Numeric Skills
- × **Language Skills** - Using languages in writing/speech
- × **Functional skills** - Filling of Bank forms, Able to read Maps, using ATM, mobile, computer etc.
- × **Livelihood Skills:**
 - + **Vocational Skills** - Carpentry, Tailoring, Handicrafts etc.
 - + **Technical Skills** - The knowledge and abilities needed to accomplish mathematical, engineering, scientific or computer- related duties, as well as other specific tasks.

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..

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.

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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Page 42 of 42

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