



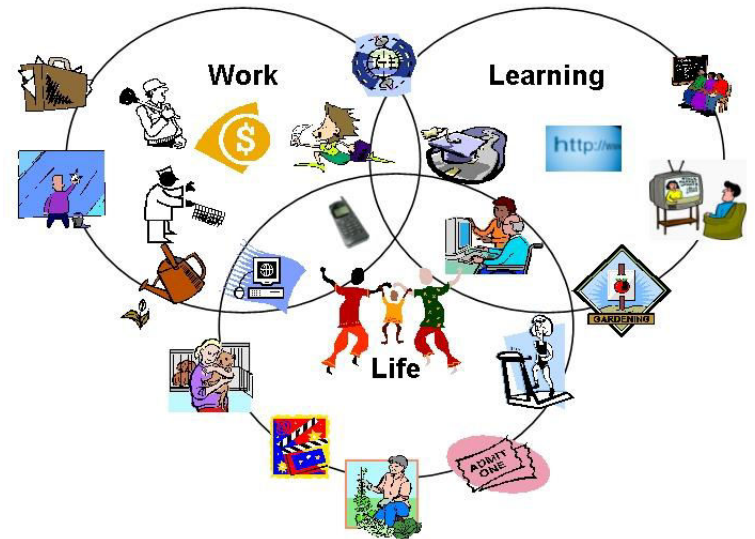
LifeSkills
achieve your personal best

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Needs of Life Skills

- Life Skills Education has long term **benefits to the society**. These include educational, social, health, cultural and economic benefits.



(a) Educational Benefits

- Strengthens teacher students relationship
- Leads to desirable behavior change
- Improves discipline in Colleges
- Reduces learner problems such as truancy, absenteeism drug and substance abuse and teenage pregnancies



(b) Social Benefits

- Improves the socialization process among learners such as relating to others in a friendly way
- Enables learners to choose good and reliable friends
- Helps learners to use their leisure time properly
- Helps in character building.



(c)Health Benefits

- Leads to prevention and control of diseases such as STIs, HIV and AIDS
- Contributes to a person's general well being (physical, mental, emotional and social)
- Leads to less strain on health facilities
- Helps people to be responsible for their own and other people's health



d) Cultural Benefits

- Enables people to adopt and maintain meaningful cultural practices and avoid practices that may put self and others at risk
- Promotes harmonious interaction between people of different cultures
- Helps in the clarification of values in the society

**CULTURE
BUILDS
COMMUNITY**



e) Economic Benefits

- It leads to high productivity due to a motivated, strong and energetic labour force
- Control of HIV and AIDS
- rehabilitation of drug and substance
- repair of damaged property
- buy teaching learning resources





Types of Life Skills

- Life skills fall into three basic categories, which complement and reinforce each other. These are social or interpersonal skills, cognitive skills and emotional coping skills



Types of Life Skills

Social Skills	Cognitive Skills	Emotional Coping Skills
Communication Skills	Decision-Making And Problem-Solving	Managing Stress
Negotiation and refusal skills	Understanding the consequences of actions	Managing Feelings, including Anger
Assertiveness skills	Determining Alternative Solutions to Problems	Skills for Increasing Self-Management and Self-Monitoring
Interpersonal skills (for developing healthy relationships)	Critical thinking	
Cooperation skills	Analysing peer and media influences	
Empathy/understanding and perception	Analysing one's perceptions of social norms and beliefs	
	Self evaluation and values clarification	

The Ten core Life Skills as laid down by WHO are:

S. No	Life Skills	S. No	Life Skills
1	<i>Self-Awareness</i>	6	<i>Problem Solving</i>
2	<i>Empathy</i>	7	<i>Effective Communication</i>
3	<i>Critical Thinking</i>	8	<i>Interpersonal Relationship</i>
4	<i>Creative Thinking</i>	9	<i>Coping with Stress</i>
5	<i>Decision Making</i>	10	<i>Coping with Emotion</i>

Bye!

