

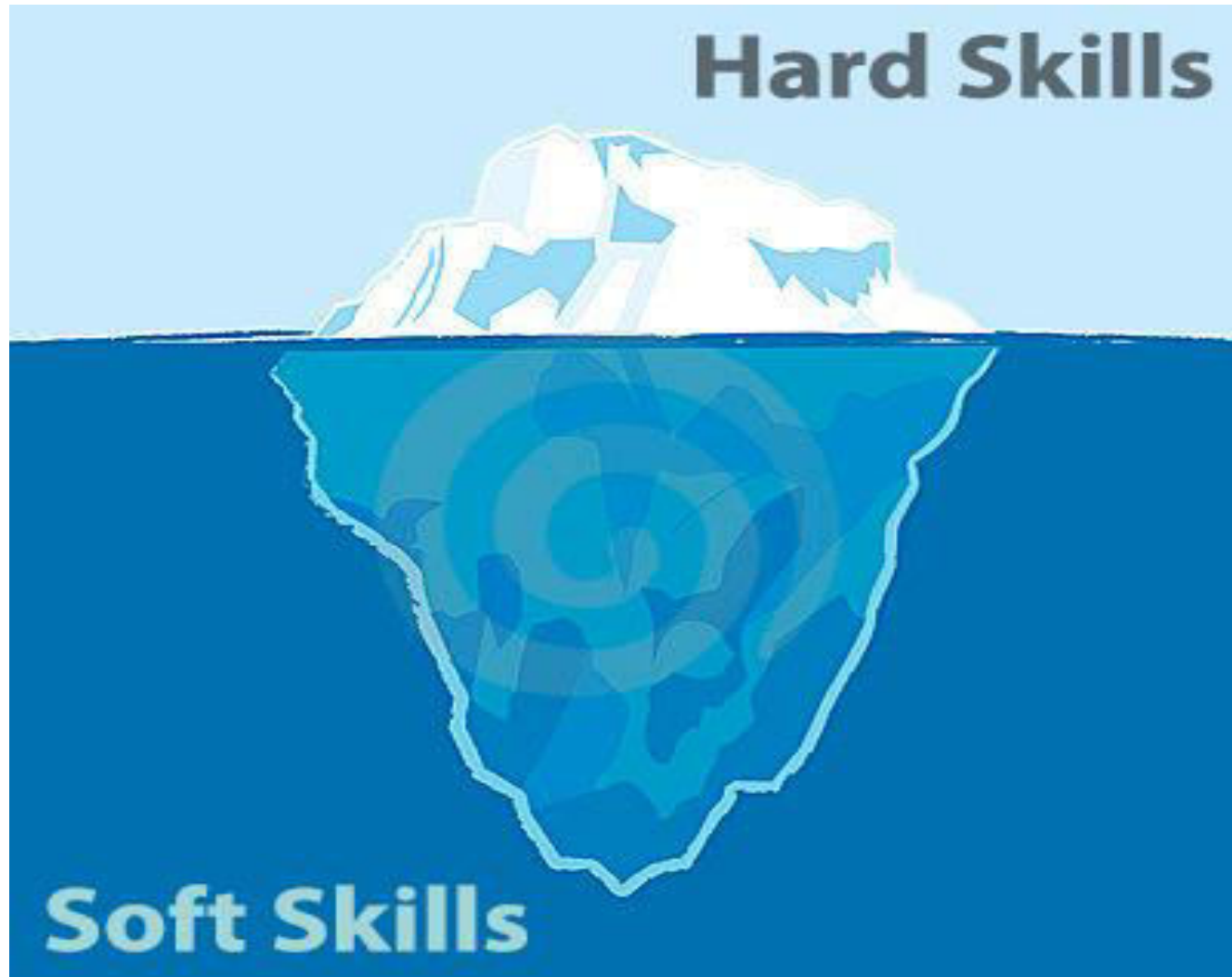


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“Hard” Skills vs. “Soft” Skills



“Hard” Skills vs. “Soft” Skills

- *Hard Skills*
 - Task-based and completed sequentially
 - E.g. Computer Handling, banking, budgeting, doing laundry, cleaning, changing a light bulb
- *Soft Skills*
 - Based on personal and social strengths
 - E.g. positive communication, networking, conversations with adults, positive conflict resolution

“Talent” Vs “Skills”

- ‘Talent’ is something that one is born with; it is your natural ability to do something without really thinking about it.
- Skill’, on the other hand, is something that you acquire after putting in a lot of hard work; unlike talent, it is not inborn, but learnt.

Not everyone is talented, but if you make the effort, you can learn a new skill.

Skills

A skill is the learned ability to carry out a task with pre-determined results often within a given amount of time, energy or both.



LIFE SKILLS

- ✓ Life Skills are those skills needed for an individual to function effectively in a society.
- ✓ These Life skills will enable an individual to deal efficiently in meeting the requirements and challenges of everyday life situation through an adaptive and positive behavior.

Life Skills

These abilities in turn promote physical, mental and emotional well-being of an individual as and when they face the realities of life.



Life Skills

- Life skills are those skills that will help youth be successful and most likely be reinforced in the youth's natural environment.
- Life skills are behaviors used appropriately and responsibly in the management of personal affairs.

How are Life Skills important for growing minds?

- That behaviour does not always follow the mind.
- This is when incidents of “I know but I can’t help it” occur.
- What we need is the ability to act responsibly. Life skills enable us to translate knowledge, attitudes and values into actual abilities.

Life Skills Concepts, Trends and Critical Issues

- Throughout the past two decades life skills education has come to be seen as important for young people to negotiate and mediate challenges and risks and enable productive participation in society.
- However, there is no common definition of 'life skills' and although the World Health Organization and others have given definitions.

Definition by WHO

- World Health Organization (W.H.O) has defined life skills as, “the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life”
- **(WHO 1993).**

Definition by UNICEF

- UNICEF has defined life skills as, “a behavior change or behavior development approach designed to address a balance of three areas: Knowledge, attitude and skills” (UNICEF)

Importance of life skills

- The importance of life skills vary from person to person.
- Life skills include mental, physical, social, psychological, spiritual and environmental.
- Life skills are found through living, school, work, family, environment and the world around us.

Importance of life skills

- Helps in the development of social competence and problem solving skills
- Translates the knowledge, attitude, skills and values into action
- Risk free behavior and communicate effectively
- Behave responsibly and the leads individual to healthy living

Where life skills education is well developed and practiced, it enhances the well being of a society and promote positive outlook and healthy behavior.

