

CHAPTER EIGHT

INTRODUCTION TO LIFE SKILLS

8.1. Nature and Definition of Life skills

- “Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.” (WHO).
- “Behavioral changes or behavioral development approach designed to address a balance of three areas: knowledge, attitude, and skills” (UNICEF’s).
- The abilities help to **promote mental well-being** and **competence** in young people as they face the realities of life.

8.2. Components of Life Skills

Critical thinking

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

Self-confidence

- Individual's **trust** in his or her own abilities, capacities, and judgments.

Self-awareness

- It is the quality or trait that involves **conscious awareness of one's own thoughts, feelings, and behaviors**

Self-concept

- Incorporates traits, preferences, values, beliefs, and interests the person **believes to be true about himself/herself.**

Self-esteem

- The degree to which we perceive ourselves positively or negatively
- Our **overall attitude** toward ourselves, which can be measured explicitly or implicitly.

Decision-making

- Combining and integrating available information to choose, implement, and evaluate one out of several possible courses of actions.

Interpersonal relationships

- 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**.

Reflective communication

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

Peers pressure resistance

- Individual's abilities and skills to confront negative influences from his/her group members.

Knowing rights and duties

- One's knowledge and understanding of rights and duties of individuals, groups, institutions and nations allowed **to do** or

8.3. Goals of Life Skills

- Knowing and applying life skills is to lead smooth and successful life at home, work place, and in social interpersonal relationship.
- Lessened violent behavior;
- Increased pro-social behavior
- Decreased negative, self-destructive behavior;
- Increased the ability to plan ahead and choose effective solutions to problems;
- Improved self-image, self-awareness, social and emotional adjustment;
- Increased acquisition of knowledge;
- Improved classroom behavior;
- Gains in self control and handling of interpersonal problems and coping with anxiety; and
- Improved constructive conflict resolution with peers, impulse control and popularity.