

LIFE SKILLS

Life skills is a term used to describe a set of basic skills acquired through learning and/or direct life experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life.

They include creativity, critical thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contribute to good citizenship – all essential skills for success in the 21st century, both for healthy societies and for successful and employable individuals.

In everyday life, the development of life skills helps students to:

- Develop a sense of self-awareness.
- Do the situational analysis and make decisions
- Find alternative ways of thinking and problem solving
- Build confidence

The Ten essential the institution strives to provide are:

- Coping with emotions.
- Communication skills.
- Creative thinking.
- Critical thinking.
- Decision-making skills.
- Interpersonal skills.
- Problem-solving skills.