

Appendix 10
Journal 10.6.2002

- **Problem solving:** enables us to deal constructively with problems in our lives changing decisions to adapt to new situations.
- **Decision-making:** helps us to deal constructively with decisions about our lives. Evaluating information and advice to make informed decisions; assessing the advantages and disadvantages of different options.
- **Creative thinking:** contributes to both the above skills by enabling us to explore alternatives. It helps us to look beyond our direct experience.
- **Critical thinking:** is an ability to analyse information and experience in an objective manner. It helps us to recognise and assess the factors that influence attitude and behaviour such as values and peer pressure.
- **Effective communication:** facilitates effective verbal and non-verbal expression of our opinions, desires, needs and fears.
- **Interpersonal skills:** assist us to relate in a positive way with the people we interact with, like our family, friends and teachers. It facilitates an ability to have positive relationships with our family and friends which are of great importance to our social and mental well-being.
- **Self-awareness:** involves our recognition of ourselves, identifying personal strengths, weaknesses and vulnerabilities, clarifying personal values and beliefs, recognizing personal worth and personal happiness.
- **Empathy:** is the ability to imagine what life is like for another person, even in a situation we are not familiar with.
- **Coping with stress:** concerns recognition of the stress in ourselves and how it affects us.
- **Coping with emotion:** involves recognising emotions in others and ourselves, being aware of how emotions influence behaviour and being able to respond to emotions.

(adapted from WHO,1997: p.1-3).

I believe that all the life-skills are inter-connected or inter-related. One leads to another. Sometimes to be skilful in one skill you need to acquire another. I would then, like to know which skill or skills are at the foundation or should be the starting point for a life skills enhancement programme. Where should life-skill education start?

To find out I decided to deal with each skill separately and how they are acquired and how to teach them.

Problem solving: identify \Rightarrow think \Rightarrow analyse \Rightarrow act

Skills required: creative thinking
critical thinking

Decision making: Feel \Rightarrow think \Rightarrow understand \Rightarrow act

Skills required: creative thinking
critical thinking

Creative thinking: Feel \Rightarrow think \Rightarrow analyse \Rightarrow communicate

Skill required are the ability to: be curious

question

explore

evaluate critically

resist peer-pressure

express emotions

understand 'self'

Critical thinking: identify \Rightarrow think \Rightarrow argue \Rightarrow evaluate \Rightarrow act

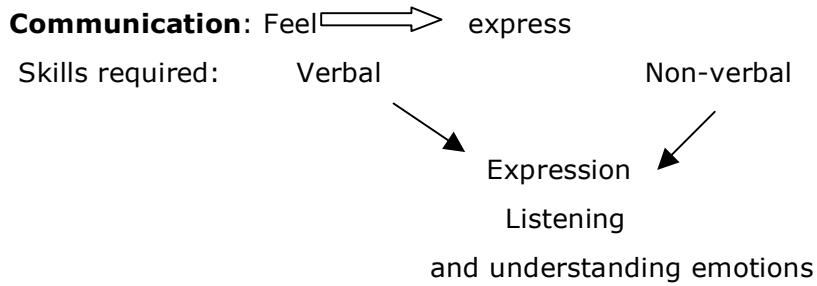
Skills required are the ability to: reason

evaluate critically

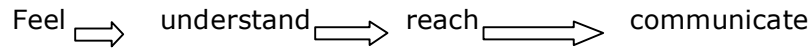
resist peer-pressure

express emotions

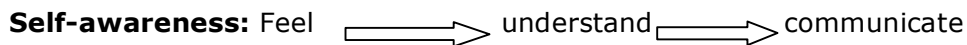
understand 'self'



Interpersonal relationships:



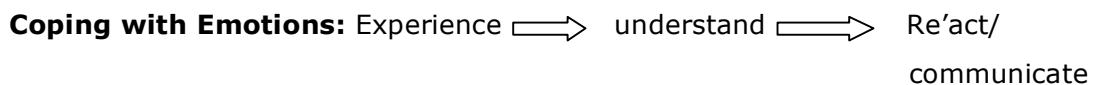
Skills required: understanding emotions
empathic understanding
communication skills
understanding 'self'



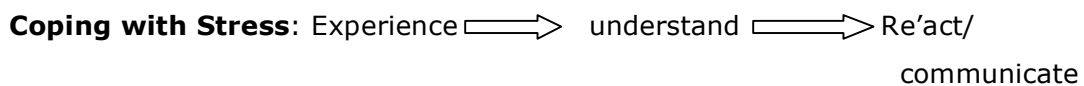
Skills required are recognition of our: strength
weakness
likes and dislikes
emotions
stressors



Skills required: understanding 'self'
understanding emotions
communication skills



Skills required: recognising emotions
understanding emotions
understanding 'self'



Skills required: recognising emotions
understanding emotions
understanding 'self'

(Torrance, 1970; Denham, 1986; Cotton 1994; Spinthall and Collins, 1995; Goleman, 1995; Webster-Stratton, 1999 Cornwall, 1999; Kassem, 2002)

