

**Duration of the Course:**  
**Total 30 hrs.**

Evaluation process: Students are mostly assessed on the basis of their attendance and active participation in the sessions.

Students are judged on the basis of their performances individual and group wise in various assignments provided during class.

Psychometric tests are mostly such tests where responses are completely based on individualistic perceptions and understanding. Therefore, no right or wrong responses are judged through them. The students who responses to these psychometric tests are considered as pass in these tests.



# Life Skills

## Heritage Institute of Technology

Declared as an Autonomous Institution by  
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# Life Skills Course

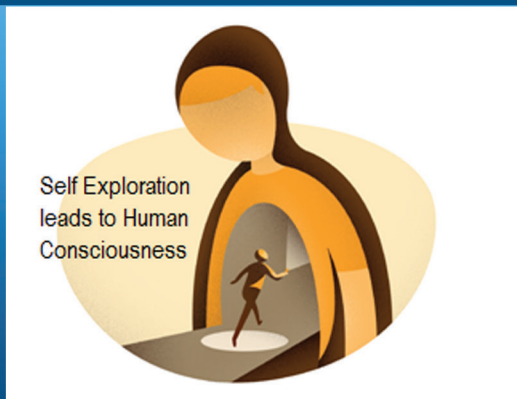
**Heritage Institute of Technology**



## What is Life Skills?

The World Health Organization (WHO) has defined life skills as, "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life".

UNICEF defines life skills as "a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills".



Everyone in this world wants to live a happy and healthy life; which in return needs some skills to be developed throughout a person's life. These skills help the person to get an insight into his/her inner self and acquire the abilities to adjust effectively with every situation in life. These skills also help the person to improve both inter and intra personal relationships and develop own values. These skills make a person overall more responsible towards all his/her actions and behaviours.

## The World Health Organisation (WHO) categorizes life skills into the following main three components:

- ❖ Critical thinking skills/Decision-making skills – include decision making/ problem solving skills and information gathering skills. These skills help the person to have diverse thinking or to think out of the box.
- ❖ Interpersonal/Communication skills – include verbal and non-verbal communication, active listening, and the ability to express feelings and give feedback. It helps the person to be more empathetic, develop team building skills, become assertive and to improve social skills.
- ❖ Coping and self-management skills refers to skills needed to increase self awareness and have a obvious reflection of inner self. This helps a person to have clarity in his own needs, wishes, interest and dislikes. Therefore, it becomes easy for a person to know about his/her own likings, abilities and shortcomings and to make better decisions in life.



All these three skills are classified by WHO into ten core skills and labelled them as "Life Skills".

The ten core life skills given by WHO are —

1. Self-awareness
2. Empathy
3. Critical Thinking
4. Creative Thinking
5. Decision Making
6. Problem Solving
7. Effective Communication
8. Interpersonal Relationship
9. Coping with Emotions
10. Coping with Stress

