

How does training in life skills benefit students?

Research shows that Life Skills Education:

- + Enhances critical thinking abilities, which further impacts are living life actively and being responsible people.
- + Helps individuals to be assertive, make rational decisions, and communicate effectively.
- + Improves their academic performance and attitudes about self and others.
- + Increases mental and physical health, pro-social behaviour and decreasing in behavioural, social problems and self-destructive behaviours.
- + Helps them develop self-confidence and self-esteem and successfully deal with significant life changes and challenges, such as substance abuse, sexual abuse, teenage pregnancies, violence, and bullying.
- + Has a positive effect and improves social development, emotional and social adjustment.
- + Bridges the gap between basic functioning and capabilities.
- + Teaches them how to set and achieve individual goals and persistence, skills that are important for their successful development into adulthood, work, and life.
- + Helps the 21st Century youngsters to overcome life difficulties, strengthen the abilities to meet the needs and demands of the present society and be successful in life.



Our Strategy

- + TaMCare's Life Skills training endeavours takes into account psychological competencies and interpersonal skills that help students to take right decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner.
- + Advocate for Life Skills Education be made as a compulsory element in Schools' Curriculum as it is highly relevant to the daily needs of young people.

For Training, Counseling and Guidance Contact us:

Tanzania Marriage and Child Care Foundation (TaMCare)

P. O. Box 185, Bong'wa Street, Bagamoyo, PWANI, Tanzania

Phone: +255 744 000 066

Email: info@tamcare.or.tz

Website: www.tamcare.or.tz

LIFE SKILLS EDUCATION FOR STUDENTS

Introduction

- + In the new millennium, education is undergoing a revolutionized change regarding science and technology, globalization, urbanization, industrialization, etc. Today youth are facing many emerging issues such as global warming, poverty, suicide, population explosion as well as other issues like alcoholism, prostitution, toxic relationships, drug abuse, sexual abuse, smoking, juvenile delinquency, anti-social acts, etc. that have an adverse effect on them and others too, to a large extent. The anti-throat competition, unemployment, lack of job security, etc. are some of the major concerns for the educated and as a result, they are caught in the mad race.
- + Young mind is being considered, as the most productive members of the society, due to their physical, social, emotional, and intellectual capabilities. But in real scenario, most of them are unable to utilize their potential in an appropriate way due to lack of guidance and motivation.
- + This new challenge requires immediate and effective responses from a socially responsible system education. Education, now a days is hence, very important, but the kind of education, to support and live life better is more important.
- + Since our educational system does not equip students with living skills, thus, cardinal focus of education needs an extraordinary emphasis on developing life skills in students, as they are the important building blocks for a dynamic citizen, who can cope up with future challenges, and survive.



What are the Life Skills?

- + WHO and UNICEF define Life Skills as the abilities for adapting and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. This behaviour development approach is designed to address balance of three areas: Knowledge, Attitude, and Skills.
- + Life skills has been classified into three broad categories:
 - Thinking Skills:** It enhances the logical faculty of the brain using an analytical ability, thinking creatively and critically and developing problem-solving skills and improving decision-making abilities.
 - Social Skills:** It includes interpersonal skills, communication skills, leadership skills, management skills, advocacy skills, co-operation and team building skills, etc.
 - Emotional Skills:** It involves knowing and being comfortable with oneself. Thus, self-management, including managing/coping with feelings, emotions, stress, and resisting peer and family pressure.
- + The world bodies such as UNICEF, WHO, and UNESCO list the ten core Life Skills as:
 - Self-awareness
 - Critical Thinking
 - Creative Thinking
 - Decision-Making
 - Problem-Solving
 - Effective Communication
 - Interpersonal Relationships
 - Empathy
 - Coping with Stress
 - Coping with Emotion.

Self-Awareness: Includes students' recognition of themselves, of their character, strengths and weaknesses, desires and dislikes.

Critical Thinking: It is an ability to analyze information and experiences in an objective manner.

Creative Thinking: Contributes to both decision making and problem solving by enabling students to explore the available alternatives and various consequences of their actions or non-action. It helps them to look beyond their direct experience, and even if no problem is identified, or no decision is to be made, creative thinking can help them to respond adaptively and with flexibility to the situations of their daily lives.

Decision-Making: Helps to deal constructively with decisions about themselves.

Problem-Solving: Enables students to deal constructively with problems in their lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

Effective Communication: Means that they are able to express themselves, both verbally and non-verbally, in ways that are appropriate to their cultures and situations. This means being able to express opinions and desires, but also, needs and fears. And it may mean being able to ask for advice and help in a time of need.

Interpersonal Relationships: Helps students to relate in positive ways with the people they interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to their mental and social well-being.

Empathy: It is the ability to imagine what life is like for another person, even in a situation that they may not be familiar with. Empathy can help students to understand and accept others who may be very different from themselves, which can improve social interactions.

Coping with Stress: It is about recognizing the sources of stress in their lives; recognizing how this affects them, and acting in ways that help to control their levels of stress.

Coping with Emotions: It involves recognizing emotions in themselves and others, being aware of how emotions influence behaviour, and being able to respond to emotions appropriately. Intense emotions like anger or sorrow can have negative effects on their health if they do not react appropriately.

Why life skills education?

- + Early identification of problems, early intervention and support at key moments in lives of young people is vital.
- + Development needs and aspirations of the individuals.
- + Development of psychosocial abilities.
- + To enhance capabilities and enlarge choices.
- + To build different dimensions of well-being, by building self-image and self-worth, which in turn help individuals to be less vulnerable to the variations within a given context.
- + To have active, informed, and responsible citizens, who are willing and able to take responsibility for themselves and their communities and contribute to the National Development.