

I am Stronger with my Life Skills



Students are not expected just to study the courses. While they are studying, they should learn some life skills. The World Health Organization has grouped these basic life skills under ten headings: decision-making, problem-solving, creative thinking, communication, interpersonal relationships, critical thinking, self-awareness, empathy, coping with emotions, coping with stress" (WHO, 2007). In addition to above life skills, students also should learn some life skills. For example, learning how to be clean and hygiene, organizing school supplies, protecting oral and dental health, preventing food waste, social media and digital communication awareness, developing water conservation habits, respectful communication and ethical values, effective communication skills

