

# Psycho-social competence

Life skills

# Psycho-social competence

Person's ability  
to deal  
effectively with  
the  
demands &  
challenges of  
everyday life

# Life skills

Abilities for  
adaptive &  
positive  
behaviour, that  
enable us to  
deal effectively  
with the  
demands &  
challenges of  
everyday life



# Decision making

# Decision making

- Deal constructively with decisions about life
- Assessing different options
- Assessing what effects different decisions may have

# Problem solving



# Problem solving

- Deal constructively with problems in our lives
- Unresolved problems can cause mental stress
- Apply the 5 step module in problem solving

# Problem solving

- *5 step module*

- Identify the problem
- List all the alternatives that will solve the identified problem
- Select the best alternative
- Work out the steps needed to solve the problem using the chosen alternative
- Look at the result

# Creative thinking



# Creative thinking

- Look beyond our direct experience
- Respond adaptively & with flexibility to situations of daily lives
- To act tactfully

# Critical thinking



# Critical thinking

- Ability to analyse information & experiences in an objective manner
- Making decisions based on facts
- To be unbiased

# Effective communication



# Effective communication

- Ability to express ourselves verbally & non-verbally
- Express in ways which are culturally appropriate
- Ability to express opinions & desires
- Ability to seek help / advice

# Good interpersonal relationships



# Good interpersonal relationships

- Making & keeping friendships
- Having good relations with family members
- Ability to work as a team
- Been responsible & accountable
- Ability to end relationships constructively

# Self awareness



# Self awareness

## *Recognizing our*

- Strengths
- Weakness
- Opportunities
- Barriers

# Empathy



# Empathy

- Ability to understand what life is like for another person
- Important in situations of ethnic & cultural diversity

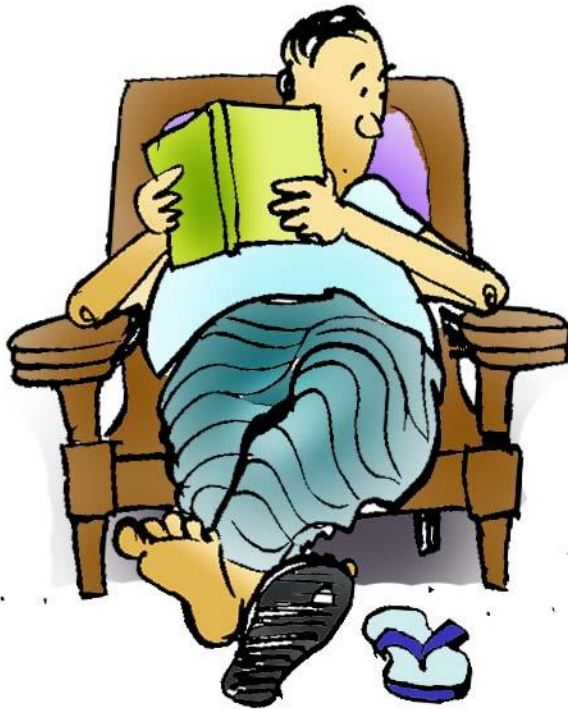
# Coping with emotions



# Coping with emotions

- Recognizing emotions
- Control of emotions
- Expression of emotions in an acceptable way

# Coping with stress



# Coping with stress

- Recognizing stress
- Recognizing the sources of stress
- Ability to control our level of stress

brush & mouse

A stylized, handwritten signature in white ink on a black background. The signature reads "Blair Campbell" and is written in a cursive, flowing style with long, sweeping strokes. The word "Blair" is written above "Campbell".