

Know more about Life Skills

As understood among the education sector in Hong Kong, Life Skills refer to those skills that can enable students to lead a quality life, which include interpersonal skills, cognitive/thinking skills, emotion coping skills and other skills that can aid their work and professional development. They may include time management and financial management skills as well.

In recent years in Hong Kong, Life Skills education has been promoted with great efforts. This has much to do with the increasing demand from the market and companies under the “knowledge economy” that employees should exhibit various skills in problem solving, decision-making, critical thinking, communication, etc. On the other hand, it falls in line with the education reform which calls for reinforcement of Life Skills education to lay a foundation for students' life-long learning and facilitate life education.

Based on different approaches to categorize life skills, different coverage and teaching methodologies for the subject of Life Skills emerged.

When categorized according to different areas of life, Life Skills cover the self-management skills, and skills in coping issues related to the home, school, work, leisure, community, and society. When categorized according to specific skills, they refer to the skills at three dimensions articulated in educational psychology and social psychology :

- Social or interpersonal skills which include communication, negotiation, refusal, assertiveness, cooperation and empathy;
- Cognitive skills which include problem solving, decision making, critical thinking and self-evaluation;
- Emotion coping skills which include stress and emotion management, self-management and self-reflection.

Apart from the above three aspects, Life Skills termed within the education community in Hong Kong often include other skills which can empower students in their work, academic promotion, and financial and time management.

As a result, the curriculum of Life Skills in our school is devised in consideration of students' real life needs, and our teaching content places equal emphasis on theory, skills, sharing and practice. Moreover, leadership training is integrated in the curriculum in view of our students' special traits and future developmental needs; students will thus be provided with an opportunity to explore and develop their strengths and leadership skills, and be best equipped for their further development. (Details can be found in the Subject Framework of Life Skills)

References

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