

THE ERASMUS+ WALL IN VÍKURSKÓLI ICELAND



Working on poster for the Erasmus+ wall.



The outcome

Social Skills

What are social skills?




Which social skills are most important to us?

Is it possible to train social skills?

Are social skills universal?

Which social skills seems to be most important at school/work?

How?

Social Skills

Social skills are what we use to communicate daily. That includes verbal and nonverbal, written and visual communication. Our body language and facial expressions are just as important as the things we say and do when we express ourselves.

Social skills are universal in the sense that in most places/countries in the world the same social skills are necessary to function well in society.

Social skills can be learned and trained just like any other skill. Many schools train and develop their students' social skills by using the techniques taught by for instance ART (aggression replacement training) and restitution (D. Gossen).

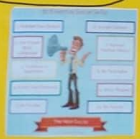



The social skills that seem most important in society as a whole are:

- Communication
- Empathy
- Focus & self control
- Teamwork
- Decision making
- Trustworthiness
- Problem-solving
- Creative thinking

Social skills that are mostly trained at school are:

- Teamwork
- Focus and self-control
- Problem-solving
- Empathy

When trying to learn social skills it is best to pick one skill to focus on. When you know what skill you want to improve you can try developing it in small steps, for instance through role play and by implementing and practicing it in your daily life.

Posters on social skills – questions and answers



Our Erasmus+ wall



Christmas cards 2019



Christmas cards 2020 - 2021