

HOW ARE YOU?

Social skills and communality



What are social skills?

- Sociability is different from social skills.
- Social skills primarily refer to the skill to get along with others. For example, friendship, functioning in a group and communicating require social skills.
- Social skills help you communicate effectively, join a group and create good relationships.

What are social skills?

- Many of the social skills are connected to culture and time. What is considered good or bad behavior depends on the era and the environment.
- Social skills are a wide range of various skills. One way of looking at them is to categorize them:
 - **Basic skills** are a good foundation for interaction
 - **Advanced skills** are based on the basic skills
 - **Social emotional skills** enable the understanding of one's own or other's emotions, empathy and genuine meeting of others

What are social skills?

Basic skills

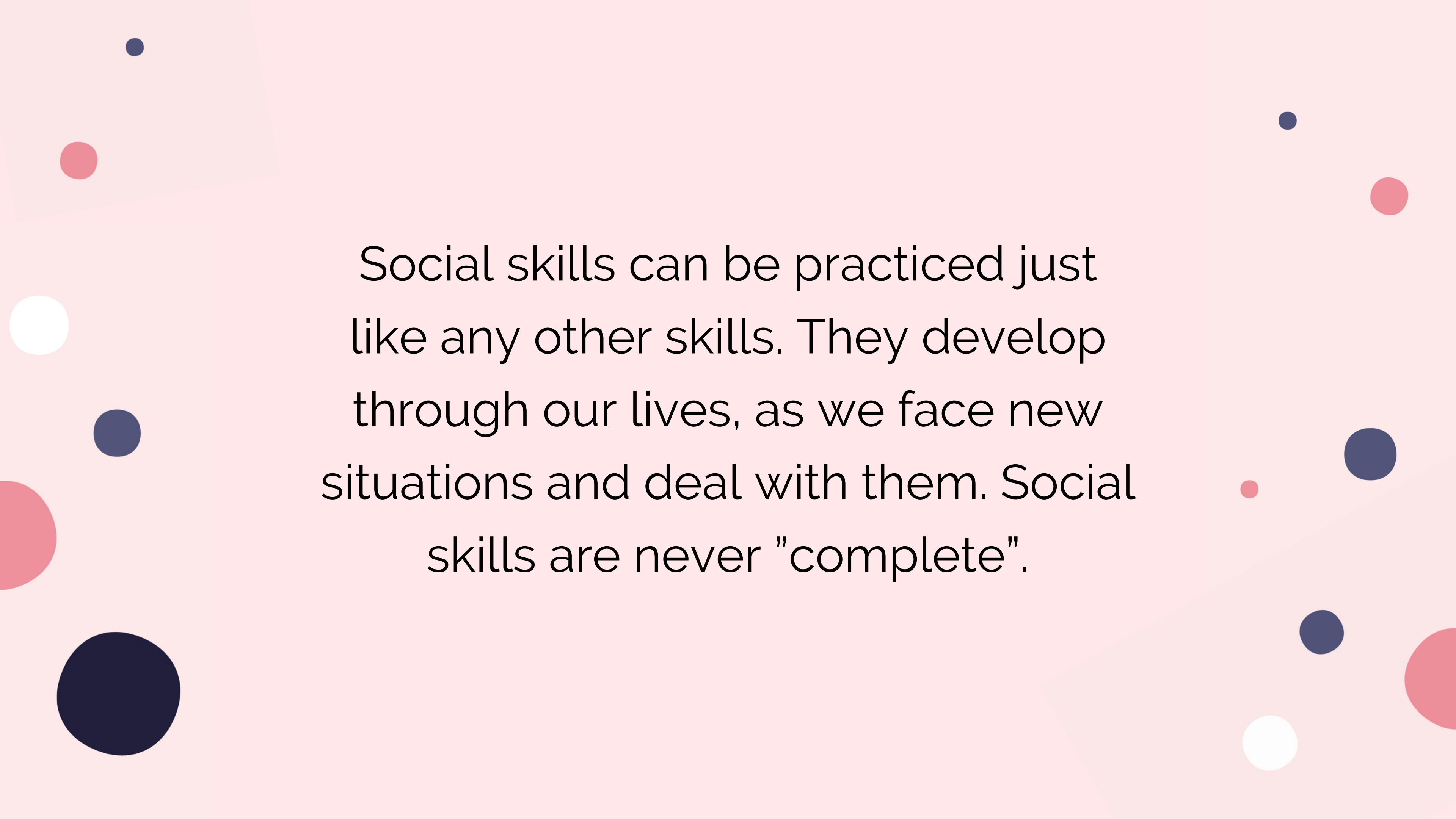
are, for example, introducing yourself and others, listening, conversation skills, asking for advice, giving and receiving a compliment and asking for help.

Advanced skills

are, for example, functioning in a group, apologizing, assertiveness, creating a friendship and cooperative skills.

Social emotional skills

are, for example, recognizing your own emotions, putting your emotions into words, facing your emotions and dealing with them, facing the emotions of others and empathy skills.

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Social skills can be practiced just like any other skills. They develop through our lives, as we face new situations and deal with them. Social skills are never "complete".

Talk with your partner.

What do you think about the following statements?

- You can learn to be a good friend.
- Functioning in a group takes flexibility.
- Being a friend should always be easy and effortless.
- You don't need to have many friends, just one is enough.
- It is important to like the same things your friend likes.

The significance of communality

- Communality is the experience of belonging to a group or a community
 - Communality holds communities together and enables doing things together
 - Contributes to welfare and can thus prevent, for example, exhaustion at a learning institution
 - All those who are at a learning institution form a community:
 - students, teachers and other staff
- Not belonging to a group, i.e. feeling of being an outsider
 - Affects your health in a negative way
 - Loneliness hurts like physical pain and is connected to several factors and experiences deteriorating welfare

What do you need social skills for?

- Relationships and interaction with others are important for the individual's mental health and the welfare of the entire community.
- Interaction and doing things together take social skills.
- Becoming seen, heard and met are among people's basic needs.

Talk with your partner or in a small group.

How could you as students contribute to no one feeling like an outsider at your learning institution?

Remember these three things:

Sociability is not the same thing as social skills.

Social skills are in a constant change and they can be developed through your entire life.

Social skills and communality help us function together and interact with each other.

More information

- Nyyti ry: nyyti.fi/opiskelijoille/opi-elamantaitoa/treenaa-sosiaalisia-taitoja/
- MIELI ry: mieli.fi/fi/mielenterveys/elamme-suhteessa-muihin
- Nuorten netti: nuortennetti.fi/ihmissuhteet/
- Fressis: fressis.fi/tietopankki/mieli/mina-ja-muut/
- Itsenäisesti tehtävä
Elämäntaitokurssi verkossa:
 - hyvakysymys.fi/kurssi/et/

THANK YOU!



Biobibliography

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- Mielenterveys elämäntaitona - Käsikirja Mielenterveyden ensiapu 1-kurssille, MIELI ry, toim. Karila-Hietala ym., 2014