

Capacity building for Community Schools on “Basic Survival Techniques” Skills and Tips to improve students' efficiency



Learning skills are crucial in shaping students' academic success and overall development. These skills equip students with the tools needed to navigate through life, overcome life challenges, and make a positive mark. Learning skills improve students' academic performance, build their confidence, foster independence, enhance their problem-solving skills, and promote life-long learning. By prioritizing the development of these skills in children, educators can help them reach their full potential and become successful, well-rounded individuals.

It is in consideration of this great impact and benefits that we started a school outreach project 'Skills and Tips to Improve Students' Efficiency' titled Learning Basic Survival Techniques (Learning BST). This project will be implemented in Community Schools because they have limited access to these teachings considering their location and educational system. The outreach project aims to educate and equip these community secondary school students with important skills and tips needed to lead an excellent teenage life, excel in their academics, and grow to become responsible adults. The training content is focused on learning skills which will highlight important skills such as; communication skills, creativity, problem-solving skills, critical thinking skills, collaboration, adaptability skills, goal setting

skills, time management skills, social skills and empathy, and managing mental health issues which will give insight to the impact of mental health on students' performance while outlining management technique that can help them manage traumatic experience and mental health issues. These skills and tips are all essential topics that can equip young people with the knowledge needed to stand out, navigate and excel in life.

Our first visit to Nneoma Community Secondary School recorded the training of over 300 hundred students and the impact we made was evident from the feedback gotten when the students shared their learnings and excitement to participate in a training session. We intend to organize more school outreaches to different community schools because we believe that by empowering these students with these skills and tips to improve their efficiency, we can help them fulfil their potential and make a positive impact on their communities and the world.

The training objectives include the following:

- To increase students' awareness and understanding of the impact of mental health issues and essential learning skills needed to succeed in their personal and professional lives.
- To educate students in 2 rural community schools to take control of their mental health and equip them with learning skills to maximize their potential for personal and professional growth.
- To foster a supportive and collaborative community for students to share experiences and receive support in improving their efficiency.



