

“Continuing my education helped me get a job that I enjoy. Now I can work and learn new things each day, and give back to the community that helped me on my way.” ~ *Brenda Lavandier*



Brenda struggled with math in high school. “I was convinced I would never be able to learn it, and that gave me such a feeling of desperation that I eventually just quit school altogether.” Becoming a mother motivated Brenda to return to learning. “When my children were born, I envisioned how great their lives could be, and that vision included them graduating from high school. But I realized that I couldn’t expect my children to finish high school when I hadn’t done it myself.”

Adult learning programs restored Brenda’s faith in herself. “By improving my skills, I built my self-confidence, and that is without a doubt the most important thing I gained from adult learning. I went on to get my high school diploma, and then two university degrees. Today I have a good job and a wonderful life ahead of me, all because I took that first step toward a better education: I returned to learning.”



***Literacy and Essential Skills:
Making a Difference in the Lives
of Nova Scotians***

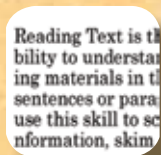
Literacy Nova Scotia works to ensure that literacy and essential skills learning opportunities are available wherever and whenever there is a need or interest.

Literacy and essential skills provide the foundation for learning all other skills. They enable us to succeed in our jobs and adapt to workplace change; they also enable us to evolve in our personal lives and contribute to our communities.

Nine Essential Skills are needed for work, learning and life.

Reading

- Read emails from coworkers
- Read a recipe; read letters from your doctor, landlord, friend
- Read newspapers, billboards, signs, menus



Writing

- Take notes at a meeting; send emails
- Write letters to friends, relatives, your child's teacher
- Share your opinion by writing letters to the editor of your local newspaper



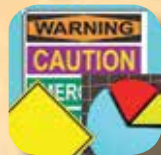
Working with Others

- Listen to and support your boss and coworkers; get your part of the job done
- Create a supportive home environment by listening and caring
- Become a community volunteer



Document Use

- Fill out a job application
- Read nutritional labels on food packaging
- Read bus schedules



Oral Communication

- Give directions to your customers
- Order items by phone
- Discuss health concerns with your doctor



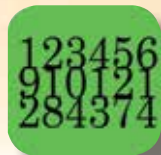
Thinking Skills

- Organize your weekly work schedule
- Plan a family reunion
- Plan a fundraising event at your local school or church



Numeracy

- Keep track of office expenses
- Make a household budget; create a plan to save money for your child's education
- Count out correct change when making a payment



Computer Use

- Send pdf files to a coworker via email
- Use the Internet to shop online
- Use an ATM machine



Continuous Learning

- Take an online course
- Learn how to use new tools for household repairs
- Learn how to play bridge or do yoga at your community recreation centre



Phone: (902) 897-2444
Toll Free: 1 (800) 255-5203
Fax: (902) 897-4020
Email: info@literacyns.ca
Web: www.literacyns.ca
Facebook: [facebook.com/LiteracyNovaScotia](https://www.facebook.com/LiteracyNovaScotia)
Twitter: [@literacyns1](https://twitter.com/literacyns1)

Become a member of Literacy Nova Scotia. Add your voice to the wide membership calling for the advancement of all levels of adult literacy and essential skills in this province and beyond. Read more: www.literacyns.ca/membership.htm

Membership Fees:
Individual \$10/year | Organizational \$75/year

Send your cheque with your name, complete mailing address, phone number and email to:
Literacy Nova Scotia
PO Box 1516
Truro, Nova Scotia B2N 5V2



This organization is partly funded by the Government of Canada's Adult Learning, Literacy and Essential Skills Program.

Office Location: NSCC Truro Campus
Room 125, Forrester Hall, 36 Arthur Street
Truro, Nova Scotia B2N 1X5