

**“I am very proud of what I have accomplished as an adult learner. Now I am able to do things that I never thought possible.”** ~ *Rita Whynot*



**After many years at home raising her two children, Rita Whynot decided it was time to get what she always wanted for herself: an education.** “I enrolled in an adult learning program because I always wanted to finish high school.” Rita earned her GED, completed the Practitioners’ Training Program, and now works as a tutor at the Queens Learning Network in Liverpool, Nova Scotia. Rita also has six grandchildren who need help. She feels that she can now help them because of the knowledge obtained from adult learning.

**Rita learned that in order to be successful, she had to believe in herself.** “My future looks so much better now. If I set a goal for myself, it will get done, no matter what it takes. If I want something, I will go after it with determination and persistence. Nothing will put me down. I will prevail.”



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

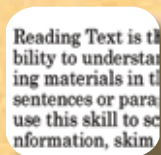
# Literacy Nova Scotia works to ensure that literacy and essential skills learning opportunities are available wherever and whenever there is a need or interest.

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



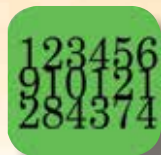
### Thinking Skills

- 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



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**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](http://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:  
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