

“For me, the benefits of adult learning went beyond anything I had ever been taught in a classroom. I gained valuable skills and the confidence to succeed in the workplace.” ~ Sarah Harrison



Sarah decided to enroll in adult learning after spending seven years at home raising her children. “I decided that I needed to refresh my skills and add some new things to my resume.”

Adult learning gave Sarah opportunities to learn in different types of settings, “whether it was a day out on a class trip or a full day in class taking a course like WHMIS, First Aid & CPR or World Host. I improved my skills in time management, accountability, and on the computer. I met many new people and made new contacts while working to better my education and career prospects.”

“Continuing my education has had a huge impact on my life and the lives of my children. I now have the confidence to succeed in the workplace, and I will be an asset to my employer.”



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

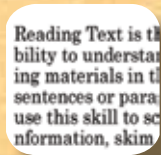
Literacy Nova Scotia works to ensure that literacy and essential skills learning opportunities are available wherever and whenever there is a need or interest.

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.

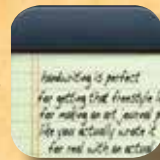
Reading

- 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



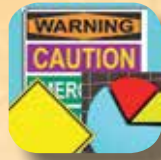
Working with Others

- 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



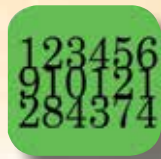
Thinking Skills

- 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

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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