

# Every Day Skills

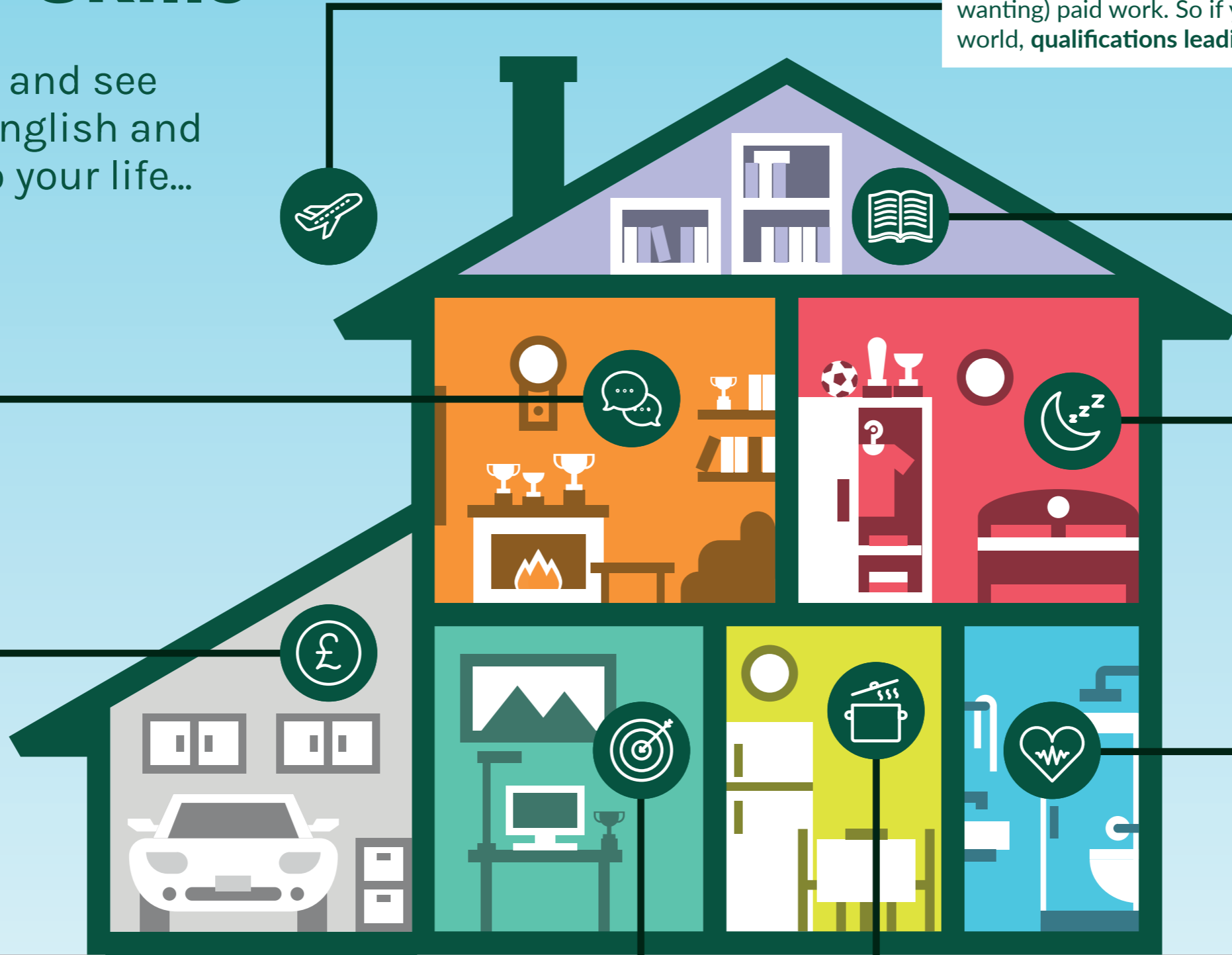
Have a look around and see what a difference English and maths can make to your life...

Good communication skills help you to impress your coach and potential employers, as well as making friends more easily and finding new opportunities.

**Why not introduce yourself to somebody new today?**

People with good maths skills earn, on average, £2,100 more per year than those without sufficient maths skills.

**This could help you to fund your independence!**



English and maths really do pay. The lower a young adult's qualifications, the more likely they are to be lacking (but wanting) paid work. So if you have dreams of travelling the world, **qualifications leading to employment, will help!**

Being competent in English enables you to experience and understand **online media, books, blogs, newspapers and magazines.**

**Studies have shown that a higher standard of education, brings greater satisfaction and fulfillment in daily life.**

Feeling happy and content will certainly help you to sleep at night!

**Keep smart, keep healthy...** by gaining those every day English and maths skills.

Individuals with lower skills may suffer reduced health and well-being.

**Learning boosts self-confidence and raises people's aspirations,** meaning those taking part are more likely to further their career and can expect higher salaries. Those with lower maths skills are more than twice as likely to be unemployed as those who are competent in maths. Many people with good maths and English skills use their education and experience to start their own business.

## Recipe for success!

Good English and maths skills help with completing day-to-day tasks - such as organising your finances or following a recipe. These skills may even turn a passion into a career!

# Every Day Skills

Have a look around and see what a difference English and maths can make to your life...

Who can be the next person to widen your social network?  
\_\_\_\_\_  
\_\_\_\_\_  
Why not introduce yourself to somebody today?

How much money do you save per month?  
\_\_\_\_\_  
\_\_\_\_\_  
How long will you need to save for to buy your first car?

Where would you like to visit next?  
\_\_\_\_\_  
\_\_\_\_\_  
Research the cost of travelling to this place.

What was the last thing you read?  
\_\_\_\_\_  
\_\_\_\_\_  
Ask someone you trust to recommend something to read.

Calculate how much sleep you had last night.  
\_\_\_\_\_  
\_\_\_\_\_  
Work out your average hours of sleep from the past week.

Research the amount of sugar there is in your favourite snack.  
\_\_\_\_\_  
\_\_\_\_\_  
Calculate this as a percentage of the recommended daily allowance of 30g (approx.).

What business would you like to start in the future?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Consider who could help you and arrange to meet this person.

What is the last meal you cooked following a recipe?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Work out a budget for one person's food shopping (three meals per day for one week).