

What is Human Skills?

Version 1

Published 16 days ago by [Anh Lam](#) Last updated 3/23/2026 2:20 PM by [Anh Lam](#)

Soft skills or human skills? Maybe you have mentioned these skills already to your students? These terms are often abstract, but you are certainly already embedding them into your current teaching practice. It is crucial that students are familiar with knowing what human skills are and why they are essential.

Skills such as critical thinking, interpersonal skills, problem-solving, teamwork, creativity, time-management, leadership, and many more are human skills. At Seneca Polytechnic, three of these human skills have been highlighted as being a priority – Communication, Collaboration and Critical Thinking (AKA The Three C's).

We want our students to understand the relevance and impact of human skills on their day-to-day and professional lives. In a rapidly evolving workplace where technology and Artificial Intelligence (AI) are changing how we work, developing human skills is of primary importance to our students' success. Students need to know which human skills employers are looking for and hone these skills so they can thrive in their post-Seneca.