

# Life Skill Development Fact Sheet

## Life Skill Development

- Life skills are competencies that help people function well in their environments.
- Life skills are learned in sequential steps related to the individual's age and developmental stage.
- Life skills are acquired through "learn-by-doing" activities.

## Characteristics of Youth Who Develop Life Skills

- Achieving
- Successful
- Creative
- Problem-solving
- Motivated
- Persistent
- Competent

## Targeting Life Skills Model

- This model depicts life skills members gain through their 4-H participation.
- The skills are categorized by how they relate to each of the four H's.

## Methods Used in 4-H to Teach Life Skills

- 4-H projects
- Activity manuals
- Demonstrations/Public Speaking
- Judging events
- Skill-a-thons
- Project workshops
- Educational trips
- Resume building
- Camp counselors
- 4-H Club meeting activities

