Life Skill Development
Objectives

1. Identify life skills developed by 4-H members.
2. Discuss methods to help youth develop life skills.
3. Explore examples of activities to assist youth with life-skill development.
Objective 1

Identify life skills developed by 4-H members.
Life Skill Development

• Life Skills are competencies that help people function well in their environments.
• They are learned in sequential steps related to a person’s age and developmental stage.
• They are acquired through “learn-by-doing” activities.
Characteristics of youth who develop life skills

- Achieving
- Successful
- Creative
- Competent

- Problem-solving
- Motivated
- Persistent
Targeting Life Skills Model
HEAD
HEART

Concern for Others
Accepting Differences
Conflict Resolution
Social Skills
Cooperation
Communication
Empathy
Sharing
Nurturing Relationships
Caring
Relating
HEART
HANDS

- Community Service Volunteering
- Leadership
- Responsible Citizenship
- Contributions to Group Effort
- Marketable Skills
- Teamwork
- Self-motivation
HEALTH

- Self-esteem
- Self-responsibility
- Character
- Managing Feelings
- Self-discipline
- Healthy Lifestyle
- Choices
- Personal Safety
- Stress Management
- Disease Prevention

Legend:
- Life Skills
- Life Skill Categories
- Four H's (Quadrants)
Objective 2

Discuss methods to help youth develop life skills.
Methods used in 4-H to help youth develop life skills

- 4-H projects
- Activity manuals
- Demonstrations/Public Speaking
- Judging events
- Skill-a-Thons
Methods used in 4-H to help youth develop life skills

- Project workshops
- Educational trips
- Resume building
- Camp counselors
- 4-H Club meeting activities
Objective 3

Explore examples of activities to assist youth with life-skill development.
Budget Busters

• Purpose: allow students to understand the importance of budgeting and managing their finances in a game format.
• Each small group of students receives a salary based on education level.
• Students make decisions regarding expenses for housing, transportation, insurance, and food.
• Situations are presented which either increase or decrease their income levels.
• The group with the largest amount of money (cash in hand + savings) at the end is declared the winner.
Germ Warfare 101

• Purpose: reinforce importance of hand washing to prevent communicable diseases.

• Members participate in a hand-washing exercise to compare amount of germs before and after washing.
Knowledge Is Power

• Purpose: to encourage youth who are shy and self-conscious to share knowledge of value to their peers.

• It can be used as a method to introduce a discussion about decision-making, especially in the area of peer pressure.
Problem-Solving Squares

• Purpose: help members sharpen their problem-solving skills and challenge them to think “outside of the box.”
Conclusion & Quiz
Sources

  [Link](http://www.extension.iastate.edu/4h/lifeskills/previewwheel.html)

Sources
