

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.

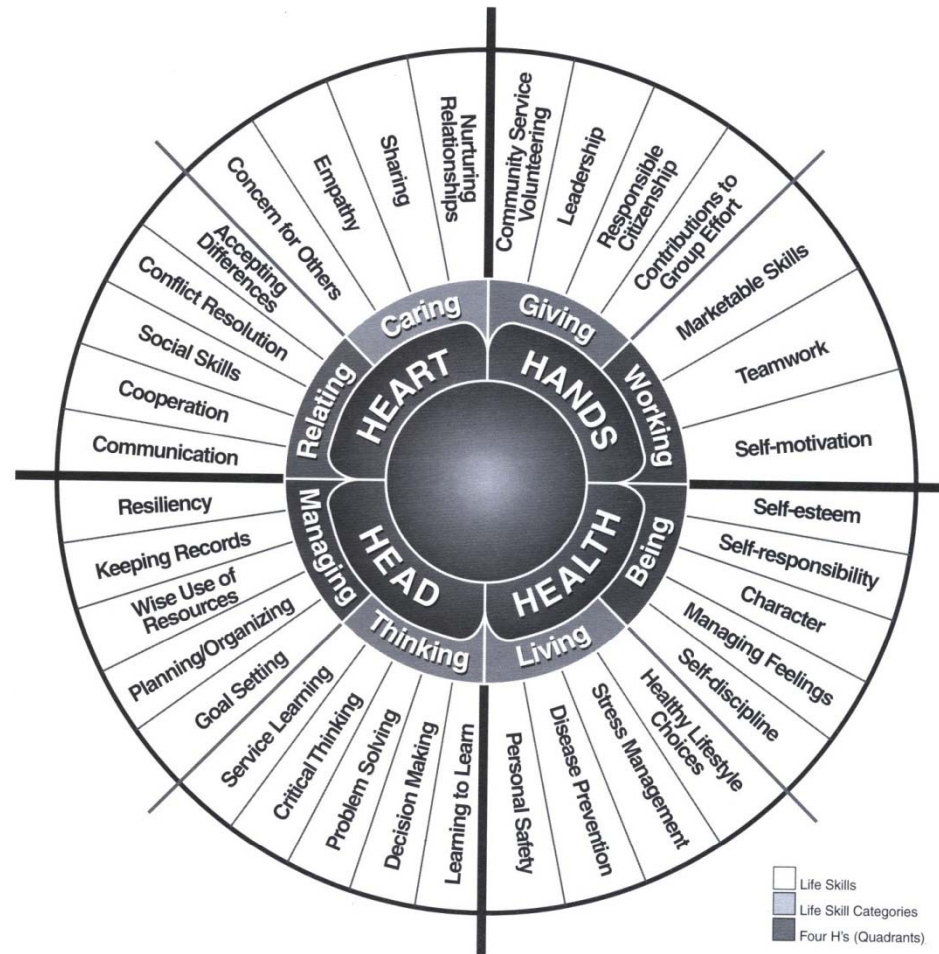


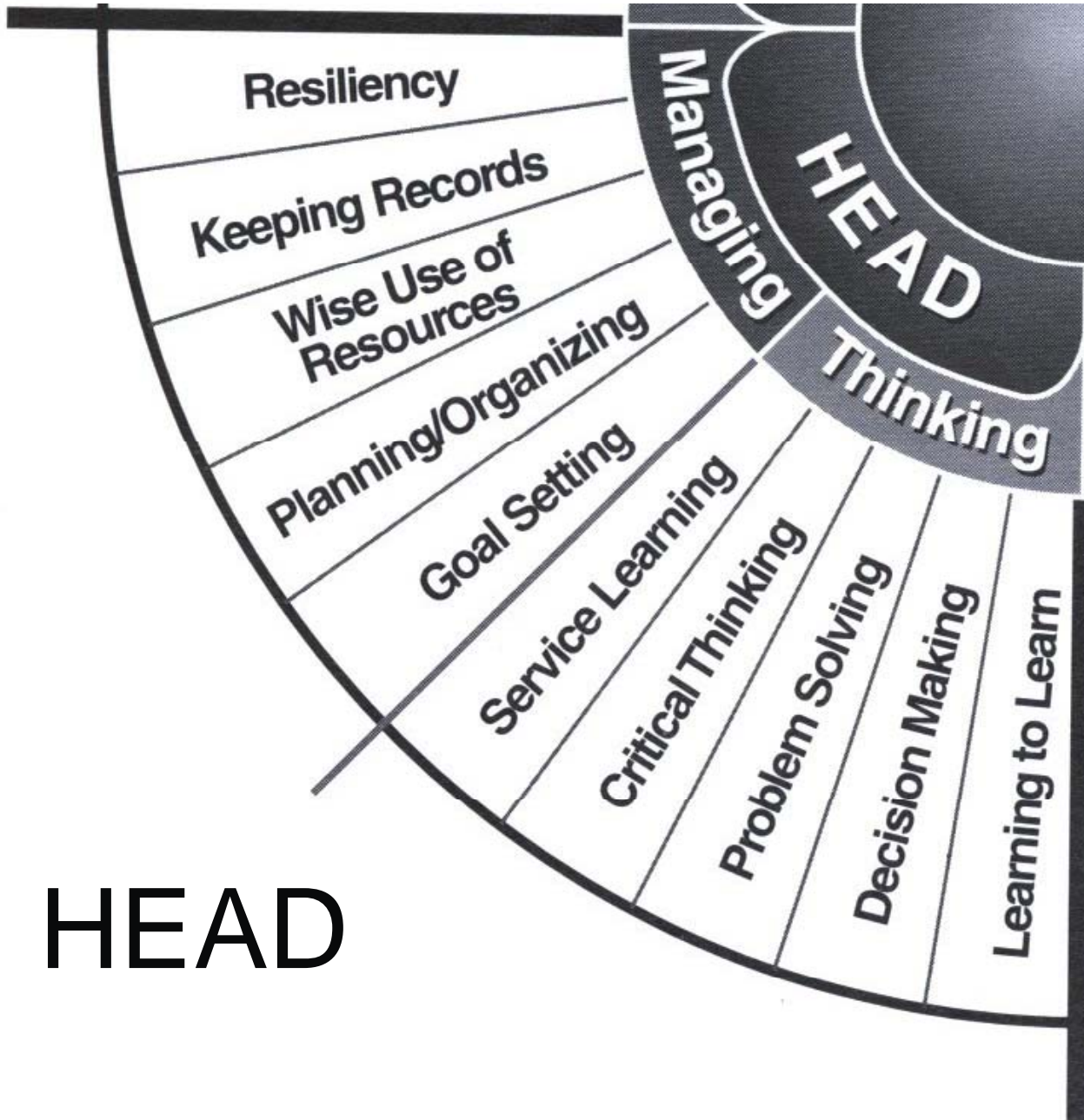
Characteristics of youth who develop life skills

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



Targeting Life Skills Model

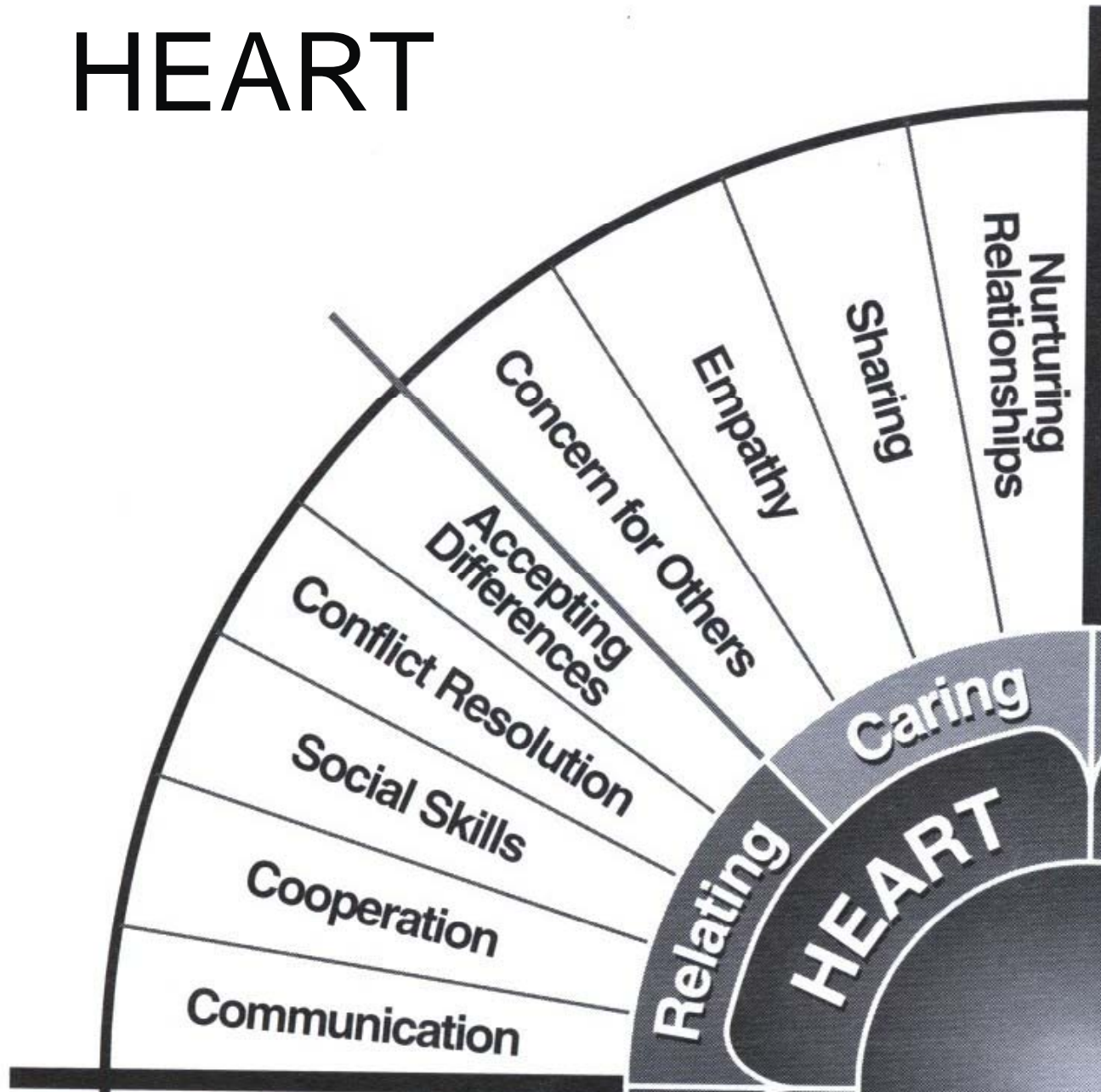




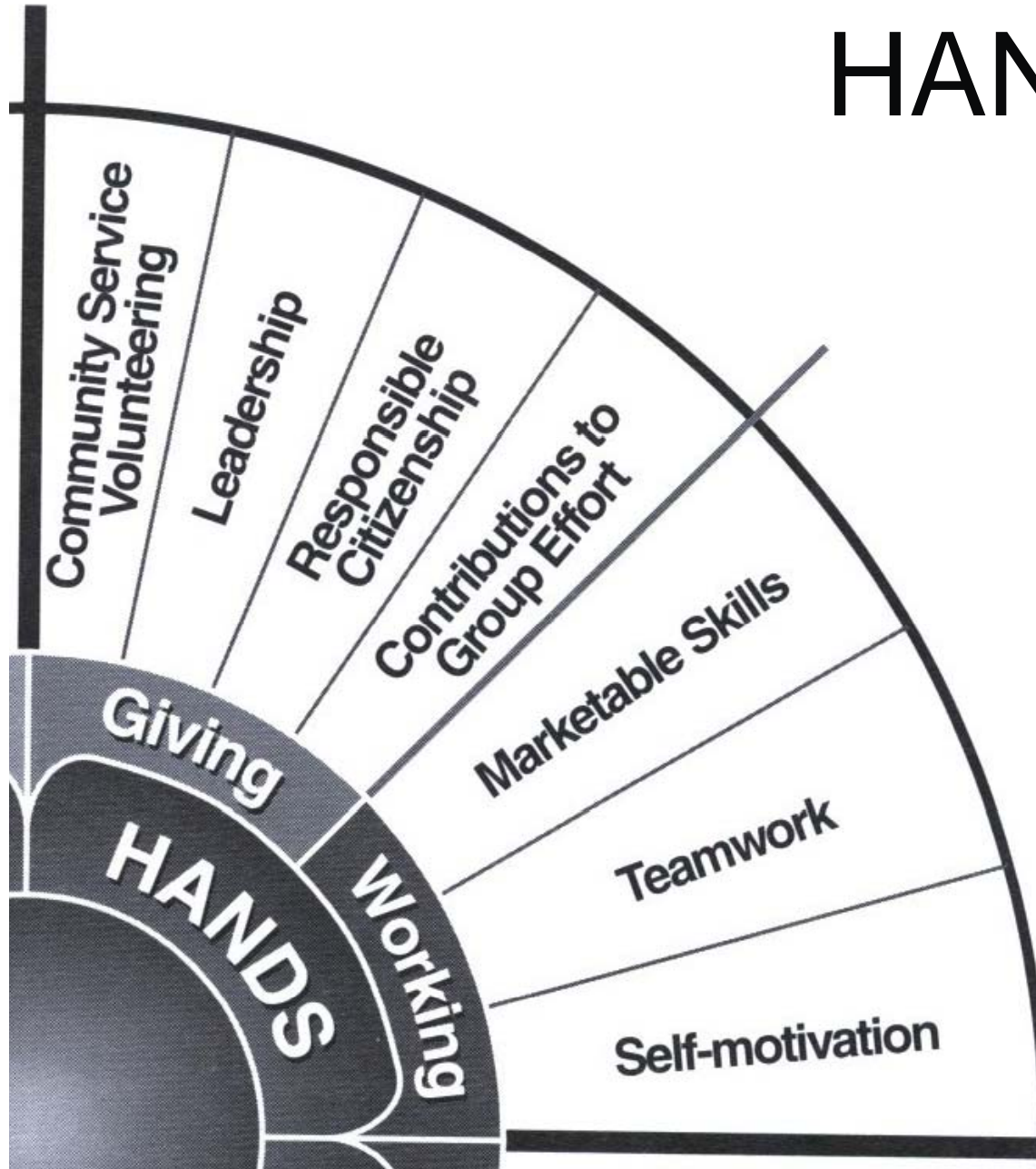
HEAD

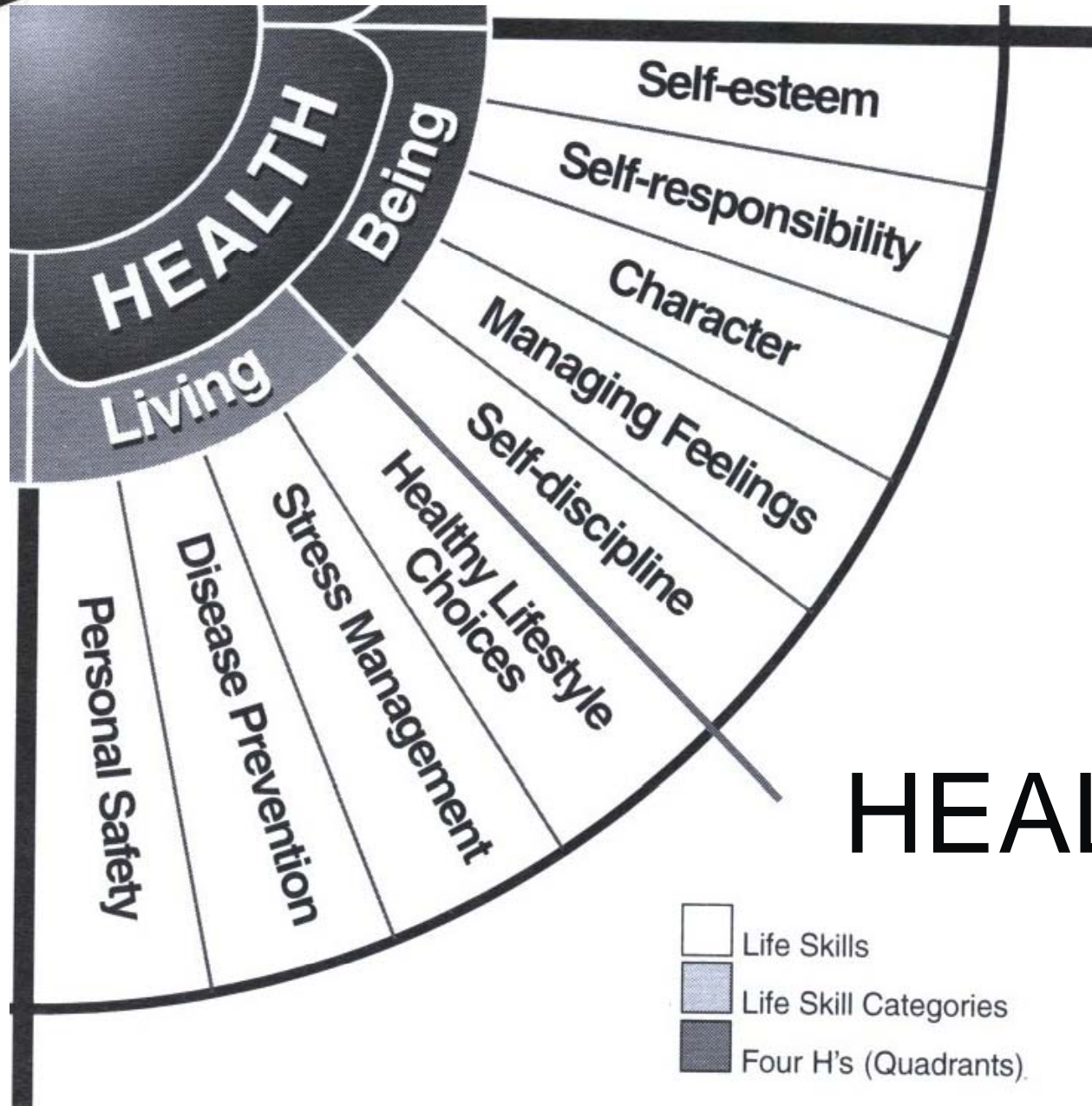


HEART



HANDS





HEALTH

- Life Skills
- Life Skill Categories
- Four H's (Quadrants)



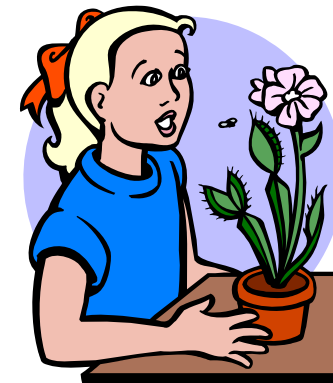
Objective 2

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.



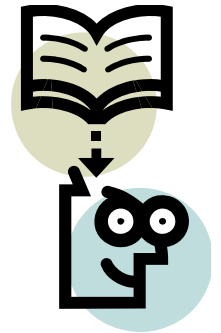
Germ Warfare 101

- 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.



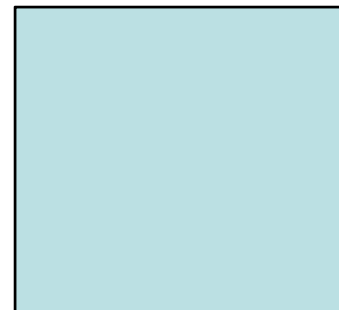
Knowledge Is Power

- 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.

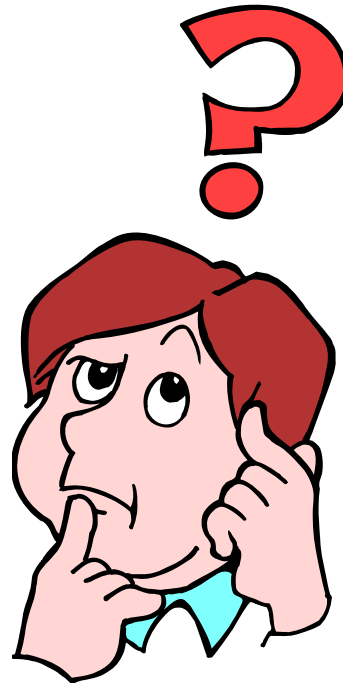


Problem-Solving Squares

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



Conclusion & Quiz



Sources

- Hendricks, Pat. (1998). “Targeting Life Skills Model.”
<http://www.extension.iastate.edu/4h/lifeskills/previewwheel.html>
- Kress, Cathann. “Essential Elements of 4-H Youth Development.” National 4-H Headquarters. <http://www.national4-hheadquarters.gov/library/elements.ppt>



Sources

- McKinley, S. (2006). Positive Youth Development & Life Skill Development. Retrieved December 18, 2007, from: <http://www.four-h.purdue.edu/volunteer/index.html>
- USDA/Army Youth Development Project. (2003). "4-H 101, The Basics of Starting 4-H Clubs." http://www.national4-hheadquarters.gov/library/4h_docs.htm

