



## 4-H Teaches Life Skills



In order to help youth to gain skills that will enable them to become self-directing, contributing, and productive members of society, it is essential that they possess skills for successful living. These skills enable 4-H'ers to become better prepared *to work with others; manage resources; make decisions and solve problems; acquire, analyze and use information; communicate and relate to others, and have an understanding of self.* Therefore, it becomes imperative for 4-H programming to focus on life skills. The six basic life skills emphasized through Virginia 4-H programming are:

### **Understanding Self**

Understanding and developing a positive attitude toward self and the pursuit of personal potential.

Understanding likes and dislikes

Understanding strengths and weaknesses

Handling success and failure

Managing stress

Assuming responsibility

Assessing role in family and society

Having awareness of cultural heritage

Exploring career options

### **Communicating and Relating to Others**

Giving, receiving and exchanging information and interacting with others in a positive manner.

Listening effectively

Communicating non-verbally

Expressing beliefs clearly

Sharing ideas

Defining terms

Giving directions

Documenting

Keeping records and reporting

Personal appearance

Participating in discussions

Speaking before a group

Developing teaching skills

### **Acquiring, Analyzing and Using Information**

Developing an inquiring mind, knowing how to acquire, analyze and use knowledge.

Asking questions

Participating in learning experiences

Accumulating information

Synthesizing information

Utilizing information

Constructive risk taking

### **Problem Solving and Decision Making**

Involves the ability to examine a situation, generate alternatives, and make intelligent decisions.

Assessing needs and interest

Generating and selecting alternatives

Setting goals

Motivation and taking initiative

Implementing actions to reach goals

Adapting to change

### **Managing Resources**

The identification, planning, organization and allocation of resources to meet goals.

Planning and setting goals

Setting priorities

Identifying resources

Evaluating resources

Budgeting resources

Taking initiative

### **Working with Others**

Increasing leadership capabilities, being able to work with others in a group to accomplish group goals.

Understanding group process

Having awareness of parliamentary procedures

Networking

Involvement in community affairs

Determining group interest and needs

Understanding group decision making

Influencing behavior

Team building

Planning programs

Coordinating resources

Delegating responsibility

Conducting group meetings

Managing conflict