



DEFINITIONS TO HELP YOU UNDERSTAND THE MEANING OF LIFE SKILLS

HEAD

Thinking: Learning to use your mind to form ideas and make decisions, to imagine, to examine carefully, to consider. Specific life skills that help you learn to think are:

Learning to Learn – acquiring, evaluating and using information

Decision Making – choosing among several alternatives

Problem Solving – clearly identifying a problem and a plan of action for solving that problem

Critical Thinking – thinking things over in one’s mind; deciding what to do

Service Learning – gaining skills and experience by actively participation in community activities

Managing: Learning to use resources wisely to accomplish a goal

Goal Setting – deciding on the end product or result; something toward which to work

Planning or Organizing – a method for doing something that has been thought of ahead of time

Wise Use of Resources – using sound judgement; not being wasteful; managing person finances

Resiliency – being able to deal with change; overcoming problems and difficulties

HEART

Relating: Learning to get along with other people

Communication - exchanging thoughts, ideas, information or messages in a way that is respectful
(Communication includes speaking and listening)

Cooperation - working or acting together toward a common purpose

Social Skills - showing respect and consideration for others

Conflict Resolution - finding and using ways to resolve differences between two or more persons;
getting along with others

Accepting Differences-accepting that differences are okay (examples: differences of opinion,
income, how you look)

Caring: Learning how to show understanding, kindness, concern and affection for others

Concern for Others - caring about and giving attention to the well being of others

Empathy - being sensitive to another person’s situation and feelings

Sharing - having, using or doing together with another or others

Nurturing Relationships - providing care and attention to another person



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HANDS

Giving: Learning to provide, supply or make something happen

Community Service and Volunteering - giving one's time and effort to help; doing something that makes a difference in someone's life without expecting a reward

Leadership - helping a group reach its goals by showing or directing the way

Responsible Citizenship - being involved in one's town, state or country

Contributions to Group Efforts - sharing the responsibility of accomplishing the goal

Working: Learning physical or mental effort needed to accomplish something

Marketable Skills - developing the abilities to accomplish something

Teamwork - two or more people working together to accomplish all parts of a task

Self-motivation - being able to make the effort needed to carry out a task or a plan

HEALTH

Living: Learning to live freely without disease or injury; having a sound condition of body and mind

Healthy Lifestyle Choices - includes eating right, exercising regularly, getting enough rest, and resisting harmful activities (alcohol, drugs, smoking)

Stress Management - learning positive ways of managing stress

Disease Prevention - taking care of one's body and avoiding risky situations

Personal Safety - taking care to avoid danger, risk or harm; being cautious and careful so as to remain physically and emotionally safe

Being: Learning to be all that you can be; taking delight in who you are as a person

Self-esteem - taking pride in oneself, valuing oneself and understanding one's abilities

Self-responsibility - taking care of oneself and being accountable for one's behavior

Character - managing one's own emotions and being sensitive to others' feelings

Self-discipline - exercising self-control that is in line with what is right and wrong