**Ideas for Life Skills**

**Human Development and Wellness:**

* Integrate processes of thinking, communication, leadership. And management in order to apply human development and wellness knowledge and skills
* Analyze principles and relationships among human development and wellness across the lifespan
* Analyze principles of family development and wellness across the lifespan
* Analyze factors that affect human development and wellness across the lifespan and evaluate one’s own health and risk factors
* Recommend and apply practices that promote human development and wellness throughout the lifespan
* Investigate and evaluate external support systems that promote wellness practices
* Investigate career pathways, education, and training in areas related to human development and wellness

*Resources and standards have come from the Education Dept. of Indiana, Education Dept. of Georgia, the American Association of Family and Consumer Sciences, the American Red Cross, Josephson Institute, and UCLA.*