**Ideas for Life Skills**

**Social Skills and Manners:**

* Self-Awareness
  + Demonstrate awareness of their emotions
  + Demonstrate awareness of their personal traits
  + Demonstrate awareness of their external supports
  + Have a sense of personal responsibility
* Self-Management
  + Demonstrate ability to manage their emotions constructively
  + Demonstrate honesty/integrity
  + Use effective decision-making skills
  + Demonstrate ability to set and achieve goals
* Social Awareness
  + Demonstrate awareness of other people’s emotions and perspectives
  + Demonstrate consideration for others and a desire to positively contribute to their community
  + Demonstrate an awareness of cultural issues and a respect for human dignity and differences
  + Read social cues
* Social Management
  + Use positive communication and social skills to interact effectively with others
  + Develop constructive relationships
  + Demonstrate the ability to prevent, manage, and resolve interpersonal conflicts in constructive ways

*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.*