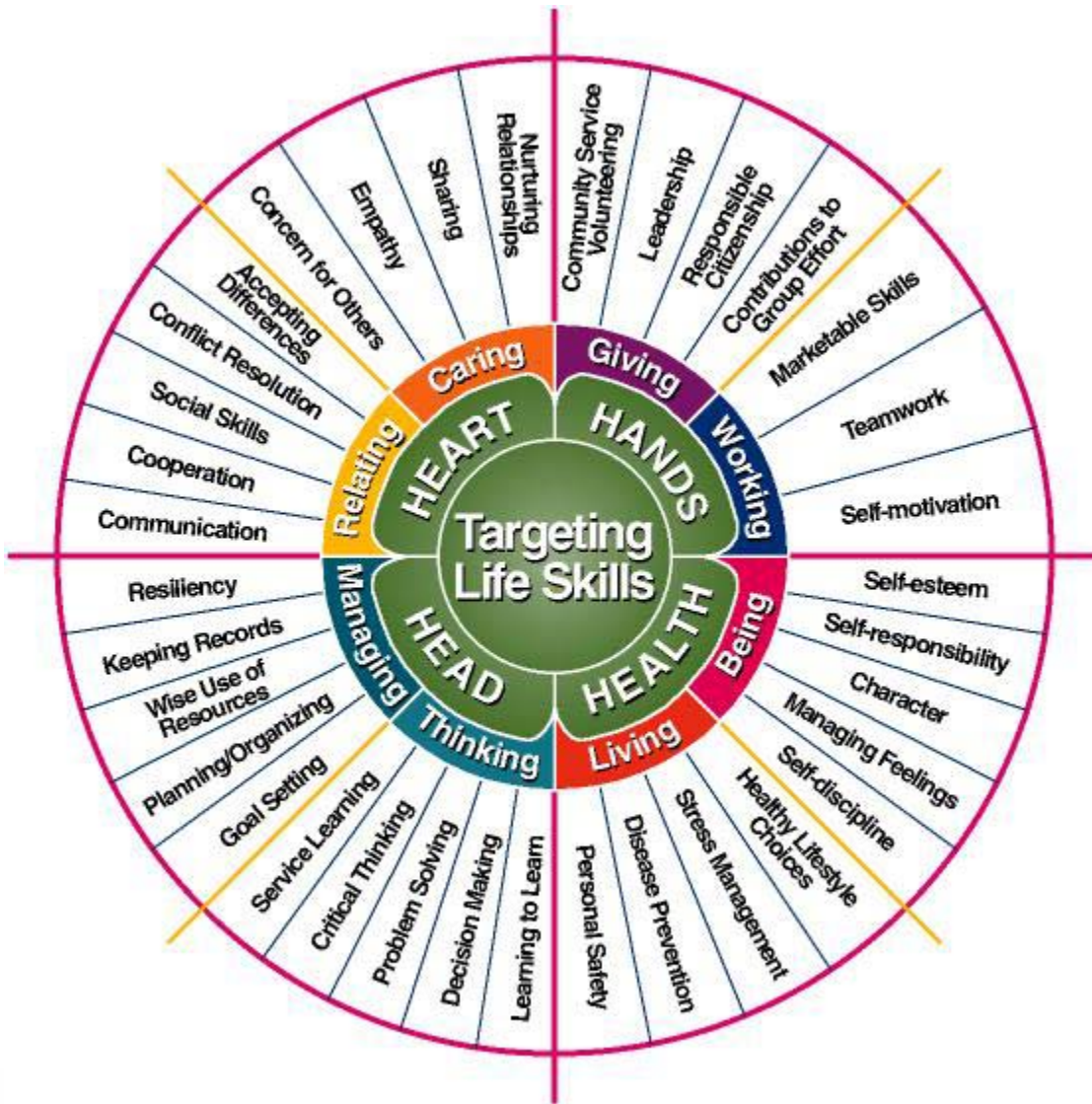




4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

Targeting Life Skills



Life skills are defined in the Targeting Life Skills Model as “Skills that help an individual to be successful in living a productive and satisfying life.”



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

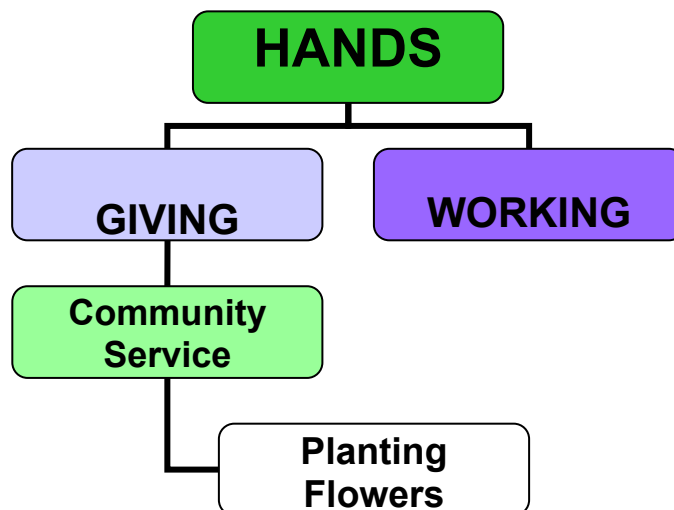
What does the Targeting Life Skills Model mean for the 4-H volunteer?

As a volunteer working with youth, you have many opportunities to assist youth in developing life skills.

- The Targeting Life Skills Model identifies and divides the major life skills targeted by 4-H youth development by the four H's from the 4-H Clover that represents Head, Heart, Hands and Health.
- These four are further divided into categories of life skills and then into specific general skills.
- As you capitalize on the youth's interest in exploring 4-H, **your challenge is to provide age-appropriate skills until they are learned and able to be used everyday.**
- By using the **Experiential Learning Model** and **Targeting Life Skills Model** to help youth fully internalize both the exploring 4-H content and life skill practiced, they gain the ability to apply both types of skills appropriately.
- Targeting Life Skills Models is a guide for planning activities to ensure 4-H members are gaining life skills and to help volunteers see the interrelatedness of activities and learning.

Example of applying the Targeting Life Skills Mode using a life skill from the area under "Hands" :

Activity: Planting Flowers at Community Center



Related Project Area: Citizenship, Service Learning

Life Skill: Serving Community

Success Indicator: Participate in a community service project – planting the flowers.