

## Targeting Life Skills

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.

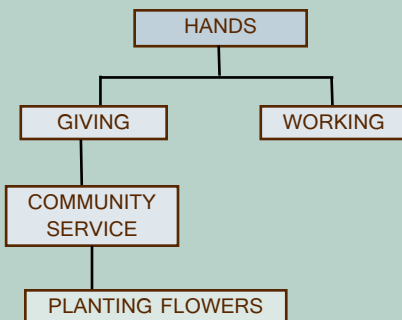
- The Targeting Life Skills Model identifies and divides the major life skills targeted by 4-H youth development by the four H's from the 4-H Clover that represents Head, Heart, Hands and Health.
- These four are further divided into categories of life skills and then into specific general skills.
- 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 Model 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.

