

# Personal Development

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## Caring

- Understand others have different feelings than oneself.
- List different cultural/racial/ethnic backgrounds.
- Define ethnic background.
- Define cultural background.
- Define racial background.
- Recognize needs of other people such as compassion and companionship.
- Understands the basic needs of animals such as food and shelter.

## Character

- Defines right from wrong.
- List various emotions.
- Describe how emotions impact people on a personal level.
- Identify stressful events or triggers.
- Explain ways to manage personal stressors.
- Describe desirable manners for social situations.

## Competence

- Understand that boys and girls bodies are changing and different.
- Identify healthy food and activities.
- Identify unhealthy food and activities.
- Explain what a community helper is.
- Identify sources for seeking employment.
- Demonstrate an understanding of responsibilities at home and school.



## Connection

- Understand the value of positive communication with others.
- Engage in meaningful activities with trustworthy adults.
- List resources to resolve conflict nonviolently.
- Outline a plan for nonviolent conflict resolution.
- Understand the importance of having preferable qualities in relationships such as honesty and respect.

## Confidence

- Identify ways to impact others positively in your local community.
- Outline the steps of a positive action plan.
- List social change activities.
- List different learning styles.
- Identify your personal learning style.
- List positive characteristics about self.

## Contribution

- Contribute to household welfare by taking on responsibilities.
- Lists qualities of a good leader such as effective communication, and personal drive.
- Understand the needs of others.

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