

## Developmental Assets/Life Skills

Which of these does the student have already?

### **External Assets**

#### *Support.*

- Family Support
- Positive Family Communication
- Other Adult Relationships
- Caring Neighborhood
- Caring School Climate
- Parent Involvement in School

#### *Empowerment.*

- Community Values Youth
- Youth as Resources
- Service to Others
- Safety

#### *Boundaries and expectations.*

- Family Boundaries
- School Boundaries
- Neighborhood boundaries
- Adult Role Models
- Positive Peer Influence
- High Expectations

#### *Constructive use of time.*

- Creative Activities
- Youth Programs
- Religious Community
- Time at Home

### **Internal Assets**

#### *Commitment to Learning.*

- Achievement Motivation
- School Engagement
- Homework
- Bonding to School
- Reading for Pleasure

#### *Positive values.*

- Caring
- Equality and Social Justice
- Integrity
- Honesty
- Responsibility
- Restraint

#### *Social competencies.*

- Planning and Decision-making
- Interpersonal Competence
- Cultural Competence
- Resistance Skills
- Peaceful Conflict Resolution

#### *Positive identity.*

- Personal Power
- Self Esteem
- Sense of Purpose
- Positive View of Personal Future

### **Life Skills**

- Problem Solving
- Decision Making
- Thinking “outside the box”
- Knowing how to listen
- Asking for help
- Handling stress
- Managing time
- Handling frustration
- Assertiveness
- Accepting ideas or opinions
- Understanding other perspectives
- Organization
- Handling peer pressure
- Ability to work in groups
- Accepting self-responsibility
- Flexibility or adaptability
- Brainstorming
- Learning to trust