Teaching Life Skills at Home

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Remember When

Thinks back to your childhood. Recall a time when an adult taught you a skill. Visualize yourself relearning that skill. Remember what the experience felt like.

Consider the following questions:

1. What was the skill being taught? Who was doing the teaching?

2. How did your "teacher" go about teaching you this skill?

3. How did you feel about your adult teacher while the teaching was occurring?

4. How did you feel about yourself?

5. Was the experience overall positive or negative?
### Response Sheet

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What Is Your Preferred Way To Receive Information?

Visual  Auditory  Kinesthetic

Teaching Methods

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Re-Numbering Exercise

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SOURCE: Newstrom and Scannel, More Games Trainers Play, 1983
**Pick A Skill**

Pick a skill you would like (or would like a primary care giver) to work on with an adolescent this week. Possible skills are:

**Tangible Skills**

- Doing the wash
- Cooking a meal (or specific item)
- Purchasing something (food or clothing)
- Setting the table

In order to teach the skill, how would you attend to the following:

1. Motivating the adolescent.
2. Selecting a time to teach.
3. Teaching the skill. (How would you go about it?)
4. Allowing the adolescent to try (or risk).
5. Giving feedback.
6. How would you encourage someone else (colleague, supervisee, spouse) to follow these steps?

**Intangible Skills**
The Ansell-Casey Life Skills Assessment (ACLSA) is available for free online at www.caseylifeskills.org. The ACLSA is a self-reporting tool that is ideally completed by both the youth and his/her primary caregiver. There are three versions of the ACLSA covering the following age ranges:

- Level I - Ages 8-10
- Level II - Ages 11-14
- Level III - Ages 15-18
- Level IV - Ages 19-25

The ACLSA was developed to be developmentally appropriate, culturally sensitive, gender appropriate, useful for setting case goals, and appropriate for younger youths. The number of questions increases with the age level and range from 37 questions for Level I to 90 questions for Level III. The content covered also increases for each age level. Level I covers four domains, Level II covers five domains, and Level III and Level IV cover six domains.

A Spanish version is also available.
Four Roles for Adults

Teacher
- Looks for "teachable moments."
- Introduces new concepts by telling, showing and doing.
- Gives youth an opportunity to practice new skills.
- Recognizes that everyone does not learn at the same pace or in the same way.
- Allows youth learn by trial and error.

Coach
- Explains the "rules of the game."
- Provides encouragement.
- Gives helpful feedback.
- Challenges youth to do their best.
- Stays on the side lines.

Counselor
- Listens to youth's concerns.
- Helps youth clarify feelings, values, goals.
- Focuses youth on outcomes, not problems.
- Allows youth to take charge of their lives.
- Encourages youth to work towards a goal.

Mentor
- Looks for new opportunities and resources.
- "Opens doors" for youth.
- Takes youth along when handling personal business.
- Introduces youth to people and organizations that are valued.