

Personal Development

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Caring

- Communicate about different feelings and beliefs with others based on own experiences.
- Demonstrate respect for different cultural/racial/ethnic backgrounds than your own.
- Describe how new or changed rules or laws will affect your community and/or environment.
- Coordinate and supervise care for others and/or animals.

Character

- Justify your personal values.
- Anticipate and regulate your emotional reactions in different or new contexts.
- Apply stress-reducing activities in face of stressful events/triggers.
- Educate others about desirable manners for social situations (language, dress, behavior).

Competence

- Understand how to prevent pregnancy and transmission of sexual transmitted infections.
- Understand how to set and maintain a healthy lifestyle.
- Describe ways you have to access supportive resources in your community to help yourself and/or others.
- Maintain employment for three or more months.
- Demonstrate qualities of a good employee (punctual, neat, helpful, respectful).

Connection

- Describe a personal connection with one or more friends.
- Communicate with your parents or other trusted adults about sensitive topics.
- Mediate conflict nonviolently with others.
- Communicate your preference for certain qualities in (future) romantic relationships.



Confidence

- Completes a predetermined action plan.
- Mentor peers in ways that support their positive development.
- Describe how you can initiate social change.
- Describe how you applied knowledge of your personal learning style to study habits.

Contribution

- Lead a community-wide event.
- Lead an effort to gather donations to a cause or organization.
- Lead/mentor others toward having good leadership qualities (such as active listening skills, diplomacy and mediation skills). Anticipate and provide for others' needs without prompting.

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