

Western Oklahoma State College 2014 KIDS College Workshop

L.I.F.E. Skills

Description

L.I.F.E. Skills are the information and behaviors that enable people to lead healthy, happy, and successful lives. The L.I.F.E. Skills workshop will offer information and resources on self-esteem, effective communications, decision-making, problem solving, and peer pressure. You will learn about money, health, personal development, and professional goals. How do you open a bank account, why should you exercise, how do you apply to college, why do I write a resume, how do you buy a car, and how do I dress for success?

You will learn about choices at all stages of life and how you have the ability to DREAM. You will learn how to turn those dreams into reality. This workshop will give you the L.I.F.E. Skills to live your optimal life.

Biographical Statement

The L.I.F.E Skills Instructor, Meegan Mackay, believes life is an adventure and if you believe, say, and do, you will succeed.

Learning Objectives/Outcomes

- Basic Character Development principles and skills
- Basic Personal Finance principles and skills
- Basic Health principles and skills
- Basic Professional Development principles and skills

Materials Needed

- Classroom with mobile tables and electrical outlets
- Three to five laptops with camera capabilities
- Overhead projector and laptop for presenting
- Copies of Daily Handouts

Session Time Required

Four days with 3 hour sessions = Total 12 hours

Workshop Outline

1st DAY: Welcome and Introductions

- I. What are L.I.F.E. Skills?
- II. Icebreaker
- III. LOOK & LISTEN
- IV. Character Development
- V. Worksheets
- VI. Resources
- VII. Guest Speaker

2nd DAY: Welcome

- I. Review
- II. Icebreaker
- III. IMAGINE
- IV. Personal Finance
- V. Worksheets
- VI. Resources
- VII. Guest Speaker

3rd DAY: Welcome

- I. Review
- II. Icebreaker
- III. FOCUS
- IV. Health
- V. Worksheets
- VI. Resources
- VII. Guest Speaker

4th DAY: Welcome

- I. Review
- II. Icebreaker
- III. EMPOWER
- IV. Professional Development
- V. Worksheets
- VI. Resources
- VII. Guest Speaker
- VIII. Summary

