



## FACT SHEET



### Quick Facts

- ✓ *Sample leadership themes include: team dynamics, active listening, strategizing, situational leadership styles, and time management.*
- ✓ *Sample life skills themes include: communication, stress management, conflict management, and collaboration*
- ✓ *Several activities are designed to fit more than one primary focus area*
- ✓ *Interns use a critical reflection model to discuss activities.*

## Project Youth Extension Service Curriculum *Focus Area: Leadership & Life Skills*

### Leadership Development Overview

The *leadership development* activities are designed for youth to work in teams as they solve fun “game-based” challenges. The lessons youth learn from this type of experiential, team-based learning approach connect to skills and strategies they can use to enhance relationships with their families and at school. The leadership activities provide opportunities for youth to:

- analyze their individual skills and areas of improvement as a leader and a team member;
- analyze their team’s level of effectiveness and provide appropriate, critical feedback for other team members;
- build confidence by practicing leading others through problem solving activities; and
- learn situational leadership skills regarding when to take initiative and when to step back and empower others.

### Life Skills Overview

The *life skills* curriculum provides activities that enhance resiliency and support youth in being an effective “team member” in their family and to understand what other family members may be experiencing during different situations. Several of these activities are designed to provide opportunities for youth to have more meaningful, deeper discussions about the impacts of deployment and strategies and resources to address the impacts they may be facing.

