



FCS Extension — We Teach...Develop Skills

Extension FCS teaches *for* people, *about* people, and *to* people—assisting individuals and families in the development of critical life skills. Skills are taught utilizing a variety of subjects and various teaching methods. Below is an alphabetical listing of some of the critical skills FCS teaches as identified by NW agents.

Adjust personal situations	Decision making
Adoption of new ideas	Develop inquiring minds
Appropriate ways to deal with disappointment and frustration	Difference between wants and needs
Assist in busy lives	Encourage reflection
Awareness of differences	Family communication
Balance to life weighing benefits of all parts	Family values
Behavior changes	Following directions
Better choices	Functioning in the real world
Build relationships	Germ transfer
Build social skills	Goal setting
Clarify and reinforce information	Good habits
Cognitive function	Hand-on experience
Communication skills	Health benefits
Community efforts	Healthy eating
Community service projects	Identify resources
Connections	Improve personal habits
Consideration of others	Job skills
Consumerism	Joint health
Cooking skills	Knowledge to use anywhere
Cooperation	Life skills
Critical thinking	Make informed choices/decisions
	Management of chronic disease

Math skills	Safe learning
Measuring	Sanity
Mobility and balance	Sciences
Motivation	Self confidence
Organizational skills, understanding process and policy	Self image
Outreach to others	Self reliance
People interaction	Self sustainability
Personalized help	Self management
Planning for the future	Social skills
Practical application	Strengthen community ties
Preparing for personal success	Strengthen family ties
Problem solving	Stretching the dollar
Promote family time/activities	Support groups
Providing options	Take charge
Public education	To stop and think before acting
Public speaking	Understanding of inter-related issues
Quality vs. money spent	Understanding of development
Reading skills	Weights and measures
Reduce medical bills	Weight maintenance
Reduce number of sick days used	Work force preparation
Resource awareness	
Respect for others	
Responsibility	