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
- Adoption of new ideas
- Appropriate ways to deal with disappointment and frustration
- Assist in busy lives
- Awareness of differences
- Balance to life weighing benefits of all parts
- Behavior changes
- Better choices
- Build relationships
- Build social skills
- Clarify and reinforce information
- Cognitive function
- Communication skills
- Community efforts
- Community service projects
- Connections
- Consideration of others
- Consumerism
- Cooking skills
- Cooperation
- Critical thinking
- Decision making
- Develop inquiring minds
- Difference between wants and needs
- Encourage reflection
- Family communication
- Family values
- Following directions
- Functioning in the real world
- Germ transfer
- Goal setting
- Good habits
- Hand-on experience
- Health benefits
- Healthy eating
- Identify resources
- Improve personal habits
- Job skills
- Joint health
- Knowledge to use anywhere
- Life skills
- Make informed choices/decisions
- Management of chronic disease
Math skills
Measuring
Mobility and balance
Motivation
Organizational skills, understanding process and policy
Outreach to others
People interaction
Personalized help
Planning for the future
Practical application
Preparing for personal success
Problem solving
Promote family time/activities
Providing options
Public education
Public speaking
Quality vs. money spent
Reading skills
Reduce medical bills
Reduce number of sick days used
Resource awareness
Respect for others
Responsibility
Safe learning
Sanity
Sciences
Self confidence
Self image
Self reliance
Self sustainability
Self management
Social skills
Strengthen community ties
Strengthen family ties
Stretching the dollar
Support groups
Take charge
To stop and think before acting
Understanding of inter-related issues
Understanding of development
Weights and measures
Weight maintenance
Work force preparation