

Develop and Express Sense of Self

EFF STANDARDS

Communication Skills

- Read with understanding
- Convey ideas in writing
- Speak so others can understand
- Listen actively
- Observe critically

Decision-Making Skills

- Use math to solve problems and communicate
- Solve problems and make decisions
- Plan

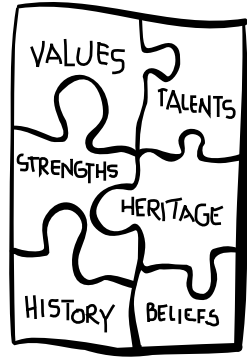
Interpersonal Skills

- Cooperate with others
- Advocate and influence
- Resolve conflict and negotiate
- Guide others

Lifelong Learning Skills

- Take responsibility for learning
- Reflect and evaluate
- Learn through research
- Use information and communications technology

The nature, complexity, and context of the activity will determine which of these skills adults need to use.



Create your own personal voice. Use your understanding of self to guide your actions.

- Examine and clarify your own values and beliefs, recognizing the role your cultural heritage and personal history play in shaping these and in determining the possibilities of expression
- Maintain standards of integrity
- Consider the constraints of the situation as well as your own strengths and weaknesses when choosing a course of action
- Pursue outlets for interests and talents to maintain emotional and physical health

ROLES

Family

Example: Explain to other family members why you want to pursue further education and training and what your plans are.

**Citizen**

Example: Take part in an oral history event sponsored by the local community college.

**Worker**

Example: Meet with supervisor to express concerns that your talents and work are not recognized.

