

4.2.7 What is Life Skills Training as part of Career Scope Services?

Life skills training as part of Career Scope prepares participants to meet the demands of everyday life and employment. Programs are locally designed and operated to maximize available resources to best serve participants within their community.

Life skills training is:

- ~~Must be a~~ Documented on the participant's Plan of Activities.
- ~~Is not~~ Not intended to completely address and resolve a family's issues. It ~~is intended to~~ may be an up-front introduction ~~that to~~ helps prepare participants ~~to effectively~~ for effective participation in activities.
- ~~Can be provided~~ Provided by Employment Security Department, local community colleges, or other contractors, including Community Jobs contractors, ~~if that is most appropriate for that local community participant~~. Ideally, life skills training ~~would be~~ available for one week, or 30 hours, and participants ~~would enter~~ life skills training near the beginning of job preparation activities as part of employment services.
- ~~Should not~~ Not a duplicative service already ~~being~~ provided by the program, such as resume writing or basic skills education. It ~~is intended to~~ Life Skills focuses on ~~those~~ areas that ~~can affect~~ affect a participant's ability to make good choices about participating, and ultimately, keep a job.
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Life Skills ~~Should include~~ topics ~~such as~~ include, but aren't limited to:

- Self-awareness
- Attitude
- Balancing work and personal life
- Money management
- Stress and anger management
- Time management
- Communication skills
- Appropriate standards for dress and participation

For independent Life Skills training, ~~please~~ refer to [section 7.3.6](#) What is Independent Life Skills Training?

For Life Skills training as part of other Job Preparation activities, ~~please~~ refer to [section 7.3.7](#).