



**PARENTING 2.0**

[www.parenting2pt0.org](http://www.parenting2pt0.org)

# Life Skills REPORT CARD

## What is it?

The Life Skills Report Card is a communication tool that supports proactive education for Life Skills used daily.

Comparable in format to academic report cards, it has five main categories: Personal Care, Organizational, Respect for Self and Others, Communication, and Social Skills. Each category has six sub-categories.

Progress is charted using a numerical scale of 1-5, one for low competency and five high competency. Just as academic report cards vary depending on age, culture, and values so too will Life Skills Report Cards.

The one provided here is simply a sample and we welcome translations and modifications.

Critical is for the content to meet the definition of Life Skills - **"Skills every human being learns in some measure."**

## Why is it important?

Life Skills are used every day of your life throughout the entirety of your life. The question is not "Will you learn Life Skills?" Simply, **"How well?" "Who are your teachers?"** Most of us learn Life Skills from people never formally educated in these critical skill arenas themselves - parents. Inferior outcomes are credited to "bad behavior" or "poor parenting" rather than an educational process flawed at its inception. The Life Skills Report Card supports a paradigm shift, where behavioral lenses are replaced with educational lenses and Life Skills are afforded the same third party respect and expertise that adults around the globe routinely embrace for academics, sports and music.

## How do I use the Life Skills Report Card?

In every manner that serves! Managers can communicate their respect for the role of Life Skills in daily operations by incorporating online assessments into employee evaluations and Life Skills related courses into staff development curriculums. Faith based and civic organizations may use Life Skills Report Cards as a one time assessment tool for identifying critical opportunities for personal progress. Adults and couples can use the LSRC assessment process to facilitate New Year's Goal Setting.

Year round Life Skills Educators, teachers/ parents, can use Life Skills Report Cards on a timetable comparable to academic report cards.

- Every three or four months, print out a hard copy of a new report card and ask kids to grade themselves.
- Complete your own appraisal and discuss differences.
- Then mutually identify specific areas and steps for future improvement.
- Most importantly, remember to replace behavioral lenses with educational lenses.
- Instead of blaming low scores on "bad behavior" and punishing individuals for poor performance, respect children as learning critical skills and explore means for improving the educational process.
- Guide the process and acknowledge what you do not know.

Twenty first century Life Skills are complex. Digital Literacy under the category of Social Skills one great example! Consequently, no one individual is likely to be an expert in each of the Life Skills arenas. Invite people to pursue their passions and learn from third party professionals.



## Keep it Positive!

*It is said it takes seven compliments to counter the impact of one criticism so....remember to spend the bulk of your review time discussing positives and limit the areas you select for improvement. That which you focus on will flourish. Keep the review and educational process positive for optimal progress. Respect every level of learning equally.*

# Life Skills REPORT CARD

## Personal Care

Sleep	1	2	3	4	5
Food & water	1	2	3	4	5
Exercise	1	2	3	4	5
Spirit	1	2	3	4	5
Appearance	1	2	3	4	5
Safety	1	2	3	4	5

## Organizational

Clothes	1	2	3	4	5
School / Ongoing education	1	2	3	4	5
Sports/ Music / Passions	1	2	3	4	5
Work	1	2	3	4	5
Time utilization	1	2	3	4	5
General schedule	1	2	3	4	5

## Respect for self and others

Manners	1	2	3	4	5
Household Maintenance	1	2	3	4	5
Household Harmony	1	2	3	4	5
Property of Self and Others	1	2	3	4	5
Transition Times	1	2	3	4	5
Resource Management / Financial Literacy	1	2	3	4	5

## Communication

Intracommunication/ Self Talk	1	2	3	4	5
Gratitude	1	2	3	4	5
Use of "I" statements	1	2	3	4	5
Listening/Feedback	1	2	3	4	5
Solution oriented	1	2	3	4	5
Creative/Humor	1	2	3	4	5

## Social

Aim for Win/ Win outcomes	1	2	3	4	5
Digital Literacy	1	2	3	4	5
Diversity Literacy	1	2	3	4	5
Altruism / Volunteerism	1	2	3	4	5
Enjoy variety of activities / passions	1	2	3	4	5
Environmental Literacy	1	2	3	4	5

**Total LSA (Life Skills Average)**

Total Possible 150

## Progress Notes

[illegible]

## Steps to Success

[illegible]

Date \_\_\_\_\_