

Life Skills

Self-Direction

Taking Positive
Risks, Following
Your Dreams

by Robert W. Anderson



Self Direction Taking Positive Risks Following Your Dreams Wandberg Robert Life Skills

Robert Wandberg



Self Direction Taking Positive Risks Following Your Dreams Wandberg Robert Life Skills:

Self-Direction Robert Wandberg,2000 Discusses ways that young people can acquire self knowledge balance their physical mental and social sides make good and healthy choices pursue their dreams and share themselves with the community **Resilience** Robert Wandberg,2001 Discusses ways to overcome misfortune or hardship by building self esteem drawing on positive influences and making wise decisions **Conflict Resolution** Robert Wandberg,2000-07 This book discusses conflict some of its effects and how teens can deal with conflict Self assessments to help teens judge how well they deal with conflict are included *Creative Problem Solving* Robert Wandberg,2000-07 Explores problem solving and creative thinking in relation to teen health Looks at a formula for gaining confidence and examines advertising and its influence on health behaviors Several self assessments included Making Tough Decisions Robert Wandberg,2000-07 Explains a six step method for making decisions and provides tips on setting goals dreaming and planning for the future

Communication Robert Wandberg,2000-07 Describes ways people communicate why good communication is important setting communication goals communicating about sex drugs and suicide and ways to advocate for others **Ethics** Robert Wandberg,2000 An ethic is a standard of proper moral behavior or behavior that follows a standard of right and wrong Included is a discussion of how to develop a code of ethics how friends family and others can influence ethics and how ethics affect the community Each of the six chapters has an overview with thought provoking statements A unique section Celebrating Ethical Behavior recounts the ethical behavior of people who have come under fire and holidays that celebrate ethical actions This book is about making decisions that support beliefs and values and gives suggestions for how to put ethics into action **Self-acceptance** Robert Wandberg,2001 Describes self acceptance as a combination of three areas social physical and mental and emotional Also provides information about accepting one s gifts and disabilities as well as putting self acceptance into action **Bibliographic Guide to Psychology** New York Public Library. Research Libraries,2000 *American Book Publishing Record* ,2000-07 **Volunteering** Robert Wandberg,2001 Shows many ways teen can volunteer and areas of volunteerism such as hospitals hotlines environment and blood or organ donation

Tolerance Robert Wandberg,2001 Describes tolerance and its importance in today s society Discusses various aspects of tolerance intolerance and discrimination including hate groups and hate crimes Offers many how to suggestions for increasing tolerance in oneself and in others **Change** Robert Wandberg,2001 This title deals with change both positive and negative and how it tends to affect the lives of teens The six chapters discuss the nature of change change related stress and how to cope with it self esteem and dealing with change personality types and how they relate to change advice about handling uncontrollable change such as death and divorce and ideas about future change Most chapters include a relevant self assessment activity such as Which Personality Are You **El-Hi Textbooks & Serials in Print, 2005** ,2005 **School Library Journal** ,2001 El-Hi Textbooks & Serials in Print ,2003 ,2003 Library Media Connection ,2001

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Children's Books in Print R R

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