

Relationship Skills



- I effectively communicate clearly, listen well, and cooperate with others to build healthy relationships.
- I identify when and how to offer help to others.
- I independently change my behavior based upon peer feedback and environmental cues in a group to accomplish a set goal.

These skills enable a person to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes the ability to communicate clearly, listen actively, cooperate, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.