

UNIT 1 Developing Life Skills Activity

Human Resources

Directions: Read about what human resources can provide for you. Then answer the questions that follow.

What Human Resources Can Provide

Most people who reach a goal have help from others along the way. Think about the people who help you. They may be parents and other relatives, teachers and counselors, coaches, employers, people in the community, neighbors, and friends. These are all human resources.

- **Knowledge and Skills** A teen who wants to be a good trumpeter can turn to the band leader as a resource for help in building playing skills. Aiming to expand a babysitting business, a teen could take a Red Cross course in babysitting. The band leader and Red Cross instructor are human resources.
 - **Encouragement and Feedback** Whatever you try, you need friends and family who will cheer for you. A basketball coach who tells you what to do differently on the court is a human resource, too.
 - **Examples** A teen who volunteers at an animal shelter learns what full-time employees do as they care for the animals.
- By observing and talking with people about their careers, you can learn about the nature of the work and the training needed for it. Role models show you what it takes to reach a goal. Positive role models demonstrate traits to adopt yourself.
- **Links to Other Resources** Another human resource is the friend who says, “You told me you were looking for an after-school job. I noticed a help-wanted sign in the window at Juno’s Bakery.” Librarians can guide you toward resources related to just about any goal you may have.

Using Your Human Resources

1. How has a particular adult or peer helped you with knowledge and skills?

2. How has a particular adult or peer given you encouragement and feedback?

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Human Resources (Continued)

3. How has a particular adult or peer set an example as a role model for you?

4. How has a particular adult or peer guided you to other resources? _____

5. In what ways have people helped you the most? _____

6. Think of a goal you have or a situation you face. Who could give you help with this? Explain.

7. How could you find someone to be a new human resource for you? _____
