



Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound)

By John J. Liptak, Ester R.A. Leutenberg

Download now

Read Online →

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg

Reproducible Assessments, Exercises & Educational Handouts

One important task of teens is learning practical life skills, critical for personal and professional success. Research indicates that life skills intelligence is as important as a teen's intelligence quotient (IQ) and emotional intelligence. Teens depend on effective life skills every day. With these skills they create a successful quality of life as they grow their inner resources.

Effective practical life skills help teens take charge and manage their lives in an increasingly complex society. Life skills can help them manage change and work effectively with their environments, their peers and other adults. The purpose of this workbook is to help teens develop the critical life skills that will assist them in meeting the demands of everyday life in a safe, mature and responsible manner.

The most important reason life skills intelligence is of such high importance is that, unlike the knowledge measured by traditional IQ tests, life skills can be learned and refined so that one can lead a successful, satisfying and productive life. A person's life skills IQ is a composite of many other types of intelligence:

- Physical Intelligence
- Mental Intelligence
- Job, Volunteer and School Intelligence
- Emotional Intelligence
- Social Intelligence
- Spiritual Intelligence

The *Teen Practical Life Skills Workbook* contains five separate sections to help participants learn more about themselves and the competencies they possess in many life skills areas.

Participants will learn about the importance of life skills in their daily lives. They will complete assessments and activities to keep them become better managers of life and to assist their development of greater life skills.

The sections of this book are:

- Problem-solving scale helps teens understand how they attempt to solve problems, and provides instruction to improve their problem-solving skills.
- Money management style scale helps teens to identify their style in managing money, and provides instruction for capable money management.
- Time management skills scale helps teens identify how efficient they are at managing their time, and provides instruction for better time management.
- Self-awareness scale helps teens identify their level of self-awareness related to their emotions, self-confidence and self-assessment.
- Personal change scale helps teens identify the changes they are experiencing in their lives, and provides instruction for managing change.

By combining reflective assessment and journaling, participants will be exposed to a powerful method of verbalizing and writing to reflect on and solve problems. Participants will become more aware of the strength and areas for growth and improvements of their daily life skills.

 [Download Teen Practical Life Skills Workbook - Facilitator ...pdf](#)

 [Read Online Teen Practical Life Skills Workbook - Facilitato ...pdf](#)

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound)

By John J. Liptak, Ester R.A. Leutenberg

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg

Reproducible Assessments, Exercises & Educational Handouts

One important task of teens is learning practical life skills, critical for personal and professional success. Research indicates that life skills intelligence is as important as a teen's intelligence quotient (IQ) and emotional intelligence. Teens depend on effective life skills every day. With these skills they create a successful quality of life as they grow their inner resources.

Effective practical life skills help teens take charge and manage their lives in an increasingly complex society. Life skills can help them manage change and work effectively with their environments, their peers and other adults. The purpose of this workbook is to help teens develop the critical life skills that will assist them in meeting the demands of everyday life in a safe, mature and responsible manner.

The most important reason life skills intelligence is of such high importance is that, unlike the knowledge measured by traditional IQ tests, life skills can be learned and refined so that one can lead a successful, satisfying and productive life. A person's life skills IQ is a composite of many other types of intelligence:

- Physical Intelligence
- Mental Intelligence
- Job, Volunteer and School Intelligence
- Emotional Intelligence
- Social Intelligence
- Spiritual Intelligence

The *Teen Practical Life Skills Workbook* contains five separate sections to help participants learn more about themselves and the competencies they possess in many life skills areas.

Participants will learn about the importance of life skills in their daily lives. They will complete assessments and activities to keep them become better managers of life and to assist their development of greater life skills.

The sections of this book are:

- Problem-solving scale helps teens understand how they attempt to solve problems, and provides instruction to improve their problem-solving skills.
- Money management style scale helps teens to identify their style in managing money, and provides instruction for capable money management.
- Time management skills scale helps teens identify how efficient they are at managing their time, and provides instruction for better time management.

- Self-awareness scale helps teens identify their level of self-awareness related to their emotions, self-confidence and self-assessment.
- Personal change scale helps teens identify the changes they are experiencing in their lives, and provides instruction for managing change.

By combining reflective assessment and journaling, participants will be exposed to a powerful method of verbalizing and writing to reflect on and solve problems. Participants will become more aware of the strength and areas for growth and improvements of their daily life skills.

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg Bibliography

- Sales Rank: #425770 in Books
- Published on: 2012-11-01
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .60" w x 8.70" l, .90 pounds
- Binding: Paperback
- 120 pages

 [Download Teen Practical Life Skills Workbook - Facilitator ...pdf](#)

 [Read Online Teen Practical Life Skills Workbook - Facilitato ...pdf](#)

Download and Read Free Online Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg

Editorial Review

About the Author

John J. Liptak, EdD, frequently conducts workshops on assessment-related topics. He has written three books on career-related topics and these books have been featured in numerous newspapers including The Washington Post, The Pittsburgh Post-Gazette and the Associated Press. His work has also been featured on MSNBC, CNN Radio and on the PAX / ION television series, Success without a College Degree. John has many years of experience in providing counseling services to individuals and groups in a variety of settings including job training programs, correctional institutions, and colleges and universities. In addition, John has about ten years of teaching experience as an assistant professor. With Kathy Khalsa and Ester Leutenberg, he has written three other comprehensive books for teachers and counselors to use with their students and clients: The Self-Esteem Program, The Social Skills Program and The Stress Management Program: Inventories, Activities & Educational Handouts. With Whole Person Associates, he and Ester Leutenberg continue to co-write books to add to their Mental Health & Life Skills Workbook series.

Ester R.A. Leutenberg has worked in the mental health field for many years as a publisher, author and advocate for those suffering from loss. She personally experienced a devastating loss when her son Mitchell, after struggling with a mental illness for eight years, died by suicide in 1986. Soon after, as a way of both healing and helping others, Ester co-founded Wellness Reproductions & Publishing with her daughter Kathy Khalsa and began developing therapeutic products that help facilitators help their clients. Ester is the co-author of the SEALS series for teen-agers, Life Management Skills series for adults and Meaningful Life Skills for older adults, as well as a variety of other therapeutic card games, board games and posters. Ester has co-written GriefWork ~ Healing from Loss, The GriefWork Companion and Creating a Healthy Balanced Life. Ester and John have co-written the Mental Health & Life Skills Workbook Series, the Teen Mental Health & Life Skills Workbook Series and are currently working on a Coping Workbook Series, all published by Whole Person Associates.

Users Review

From reader reviews:

Joshua Orvis:

The book Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) can give more knowledge and information about everything you want. Exactly why must we leave the great thing like a book Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound)? Several of you have a different opinion about e-book. But one aim in which book can give many data for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or info that you take for that, you are able to give for each other; you may share all of these. Book Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) has simple shape but the truth is know: it has great and large function for you. You can appear the enormous world by open and read a publication. So it is very wonderful.

Gregory Rivera:

Hey guys, do you would like to finds a new book to see? May be the book with the headline Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) suitable to you? Often the book was written by popular writer in this era. Often the book untitled Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound)is the one of several books that will everyone read now. This kind of book was inspired many people in the world. When you read this book you will enter the new shape that you ever know previous to. The author explained their thought in the simple way, so all of people can easily to know the core of this reserve. This book will give you a large amount of information about this world now. So you can see the represented of the world with this book.

Martha Bryant:

The actual book Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) will bring you to definitely the new experience of reading a book. The author style to clarify the idea is very unique. In the event you try to find new book to read, this book very suited to you. The book Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) is much recommended to you to study. You can also get the e-book from official web site, so you can more readily to read the book.

Brett Nash:

Reading a book being new life style in this year; every people loves to read a book. When you study a book you can get a great deal of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you need to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, and soon. The Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) provide you with a new experience in reading a book.

Download and Read Online Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg #ZBX39WLDHQV

Read Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg for online ebook

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg books to read online.

Online Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg ebook PDF download

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg Doc

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg Mobipocket

Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg EPub

ZBX39WLDHQV: Teen Practical Life Skills Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts (Spiral-Bound) By John J. Liptak, Ester R.A. Leutenberg