

Conflict Resolution

Shows problem-solving skills * Non-aggressive * Thinks in solutions * Takes on role of negotiator * Takes action and uses initiative * Uses a wide variety of solutions and strategies * Makes wise decisions

Community Building

Displays empathy for others * Contributes to the group * Cooperative * Considers individual differences * Reads the non-verbals of others * Understands social norms and expectations

Communication

Asks clarifying questions * Listens* Is responsive in interactions * Assertive * Expresses ideas appropriately * Understands give and take * Uses tone of voice appropriately

Curiosity

Inquisitive * Makes connections * Compare and contrasts * Draws on past experiences * Learns how to learn * Uses creative reasoning * Imaginative * Open minded * Enjoys challenges * Is a reasonable risk-taker * Internally motivated

Coping

Creates options for self * Has an attitude of "this is not a crisis" * Optimistic * Handles stresses and disappointments * Is calm and collected * Can delay gratification * Identifies resources

Control

Takes responsibility for self * Able to established own boundaries * Displays self-management skills * Restrains impulses * Doesn't blame others * Shows patience

Confidence

Has a positive vision of self * Can make plans * Displays accurate self-assessment* Enjoys learning about self * Has positive self-esteem * Sees self as capable and worthwhile * Displays social awareness