

WORKSHEET

4.1

Life Skills and Values



A. True & False

1. Decision making is only necessary for important choices.
2. Considering alternatives is not a critical step in decision making.
3. Gathering information can help you make a more informed decision.
4. Weighing pros and cons is a part of the decision-making process.
5. Reviewing the decision helps you learn from the outcome.
6. Active listening involves thinking about what you will say next.
7. Non-verbal cues are not important in communication.
8. Clear expression helps others understand your message better.
9. Empathy means acknowledging others' feelings.
10. Communication only involves talking.

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B. Fill in the Blanks

1. Problem solving involves identifying challenges and finding _____ solutions.
2. The first step is to clearly define the _____ you need to solve.
3. Generating _____ involves brainstorming possible ways to address the problem.
4. Evaluating solutions helps assess the _____ and _____ of each option.
5. Reviewing the _____ helps you learn from the experience.

