



## Seven Health Skills

# My View of the Seven Health Skills: Two-Page Essay

Reflect on the seven health skills and your use of them.

Answer these questions in a two-page essay.

- Do any of the seven health skills seem more important to you than others? If so, why do you think so? If not, why do you think not?
- How do you think your opinions of the skills reflect your confidence using the various skills?
- What conclusions about use of the skills do you draw from exploring and practicing them?

Due: \_\_\_\_\_

After the due date, read the essays of three of your classmates and make written comments on them.



Accessing Information

Analyzing Influences

Goal Setting

Decision Making

**Interpersonal Communication**

- Listening
- Assertive Communication
- Responding to the Emotions of Others
- Asking Effective Questions
- Refusal
- Collaboration
- Negotiation

Self Management

Advocacy