

Incorporating Psychosocial Issues into Fieldwork II—Table of Contents

A. Values

Coat of Arms
What do I Value?
Life Assessment

B. Interests

The Leisure Link
Leisure Values

C. Self-Concept

Emotions
Step up to a better you

D. Role Performance

Juggling vs. Balance
Roles

E. Social Conduct

Good Manners
Social Skills
Social Bingo

F. Interpersonal Skills

Self Disclosure
Communication Building Blocks
Conversation Skills
Listening Skills

G. Self-Expression

Day be Day
Write to Heal
Journal Keeping

H. Coping Skills

Stress
Stress Cycle
Motto Game
Positive Focus

I. Time Management

Work Leisure Balance
Are You on Brain Overload

Northwood Technical College
Occupational Therapy Assistant
Fieldwork Handbook

J. Self-Control

Positive Affirmation

Aggressive, Assertive, Passive

Goals

Goal Setting

Motivators

I like Myself A to Z

Kork-Khalsa, K. (2001). *Life Management Skills: Reproducible Activities Handouts Created for Facilitators*. Wellness Reproductions and Publishing, Inc.