Skills for Learning

Focus Attention

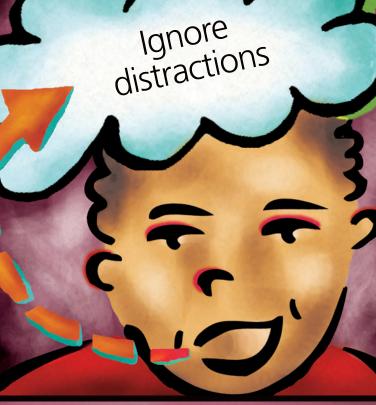


Be Assertive





Listen



Use Self-Talk

