

assertiveness. A person's boldness to express what he or she thinks and feels in a way that does not offend others.

burnout. A lack of energy and motivation to work toward goals.

communication. The sending of a message from one source to another.

compromise. A solution to a problem that blends ideas from two differing parties.

conflict. Disagreement.

nonverbal communication. The sending of a message from one source to another without the use of words.

proactive. Taking steps in advance to deal with anticipated situations.

relationship. A connection a person forms with another person.

self-actualization. A person's belief that he or she is doing his or her best to reach full human potential.

self-concept. The idea a person has about himself or herself.

self-esteem. The worth or value a person assigns himself or herself.

social development. Learning how to get along with others.

verbal communication. The sending of a message from one source to another through the use of words.