

SEVEN ESSENTIAL LIFE SKILLS

Handout: The Seven Essential Life Skills

Focus And Self Control

Children need this Life Skill to achieve their goals, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self-control.

Perspective Taking

Perspective Taking goes far beyond empathy: it involves figuring out what others think and feel, and forms the basis of children understanding the intentions of their parents' teachers' and friends. Children who can take others' perspectives are also much less likely to get involved in conflicts.

Communicating

Communicating is much more than understanding language, speaking, reading and writing – it is the Life Skill of determining what one wants to communicate and realizing how our communications will be understood by others. It is the Life Skill that teachers and employers feel is most lacking today.

Making Connections

Making Connections is at the heart of learning: figuring out what's the same, what's different and sorting these things into categories. Making unusual connections is at the core of creativity. In a world where people can Google information, those who can see the connections will go beyond knowing information to using it.

Critical Thinking

Critical Thinking is the ongoing search for valid and reliable knowledge to guide beliefs, decisions, and actions.

Taking On Challenges

Life is full of stresses and challenges. Children who are willing to take on challenges (instead of avoiding them or simply coping with them) do better in school and in life.

Self-Directed, Engaged Learning

It is through learning that we can realize our potential. As the world changes, so can we, for as long as we live—as long as we learn.