SEVEN ESSENTIAL LIFE SKILLS

1. FOCUS AND SELF-CONTROL
   - Helps us achieve goals in a world filled with distractions and information overload.
   - Includes paying attention, exercising self-control, remembering the rules, and thinking flexibly.

2. PERSPECTIVE TAKING
   - Forms the basis for children’s understanding of the intentions of parents, teachers, and friends.
   - Children with this skill are less likely to get involved in conflicts.

3. COMMUNICATING
   - Involves determining what one wants to say and realizing how it will be understood by others.
   - The skill teachers and employers feel is most lacking today.

4. MAKING CONNECTIONS
   - Deciphering similarities and differences and sorting into categories.
   - Lies at the core of creativity and moves children beyond knowing information to using it.

5. CRITICAL THINKING
   - Helps children analyze information to guide their beliefs, decisions, and actions.
   - Allows children to make sense of the world around them and to solve problems.

6. TAKING ON CHALLENGES
   - Taking on challenges instead of avoiding or simply coping with them leads to better outcomes in school and in life.

7. SELF-DIRECTED, ENGAGED LEARNING
   - Setting goals and strategies for learning prepares children to change as the world changes.
   - Fosters children’s innate curiosity and helps them realize their potential.

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