

# SEVEN ESSENTIAL LIFE SKILLS

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## 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.

## 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.

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## 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.

## 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.

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## 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.

## TAKING ON CHALLENGES

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

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## 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.

Center for Early Education  
and Development

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