

The Seven Essential Life Skills Every Child Needs



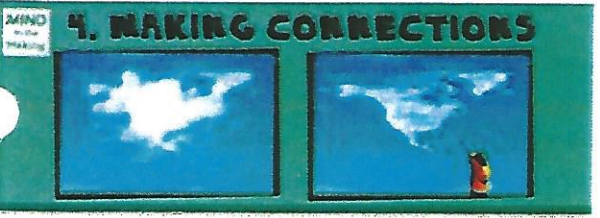
Children need this skill in order to achieve their goals, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self-control.



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



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



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 for information, it is the people who can see the connections who can go beyond knowing information to using this information well.



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



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.



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.