

9 SKILLS THAT MATTER

Definitions



Adaptability and Willingness to Learn

We stay calm when things change; we are ready to try and learn new things.



Communication

We exchange information and ideas with others by talking, writing, body language, and other ways of sharing.



Critical Thinking

We study information and think carefully before we make decisions.



Interpersonal Skills

We get along well with others; we also call these “people skills.”



Navigating Systems

We follow a process to understand a problem and then develop a plan to solve it.



Problem Solving

We follow a series of actions to achieve our goals, whether at work, in the community, or at school.



Processing and Analyzing Information

We study information to find patterns and understand connections.



Respecting Differences

We accept people for who they are, even when we have different experiences, ideas, and opinions.



Self-Awareness

We understand our strengths and weaknesses, know about our values and feelings, and understand how our words and actions affect others.



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Add Examples Here



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Self-Awareness

