

Life Skills Report Card

Key life skills include:

✓ Independence

Developing the ability to take charge of one's own life, make decisions, and solve problems on one's own.

1	2	3	4	5	6	7	8	9	10

✓ Responsibility

Understanding the importance of being reliable, accountable, and dependable.

1	2	3	4	5	6	7	8	9	10

✓ Resilience

Building the mental and emotional strength to bounce back from challenges and setbacks.

1	2	3	4	5	6	7	8	9	10

✓ Empathy

Developing the ability to understand and share the feelings of others.

1	2	3	_	5	_	7	8	9	10

√ Self-regulation

Learning to manage one's own emotions, thoughts, and behaviors in order to achieve personal and professional goals.

1	2	3	4	5	6	7	8	9	10

✓ Adaptability

Being open to new ideas and experiences and having the ability to adjust to new situations.

1	2	3	4	5	6	7	8	9	10

✓ Resourcefulness

Finding creative solutions to problems and making the most of available resources.

1	2	3	4	5	6	7	8	9	10

✓ Communication

Developing the ability to express oneself effectively and listen to others.

1	2	3	4	5	6	7	8	9	10

✓ Problem-solving

Learning to identify and analyze problems, and developing strategies to solve them.

1	2	3	4	5	6	7	8	9	10

✓ Collaboration

Working effectively with others to achieve common goals.

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1	2	3	4	5	6	7	8	9	10