## **Supporting the Development of Essential Skills for Learning and Life**

<u>Supporters</u>	<b>Strategies</b>	<u>Capacities</u>	<u>Skills</u>	Life Course Outcomes
Parents, Caregivers, Teachers & Other Professionals Support Model Engage Be Reliable Guide Protect  Environments Safe Creative Explorable Stable >Economically >Emotionally	Address external causes of stress  Teach & use stress coping techniques  Foster social interaction  Encourage physical exercise  Progressively increase complexity  Practice, practice, practice	Working Memory Flexibility Self-control	Remember Filter Focus Plan Assess Adjust Resist Decide Master	Learning  ✓ Follow multi-step instructions ✓ Avoid distractions ✓ Adjust to new rules ✓ Seek alternate solutions ✓ Plan & write essays ✓ Manage long-term assignments   Behavior ✓ Teamwork ✓ Leadership ✓ Foresight ✓ Goal-directed ✓ Aware of self & others ✓ Adaptable   Work ✓ Organized ✓ Multi-task ability ✓ Solve complex problems  Health ✓ Beneficial choices ✓ Resist temptation ✓ Safety conscious ✓ Healthy stress response