



Why the 7 Essential Life Skills Are **So Essential**

*Presented by Shannon Warren
UA's Norton School & UWTSA
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Where we are going:

- ▶ Overview of Mind in the Making, Ellen Galinsky, & 7 Essential Life Skills
- ▶ Executive Functions
- ▶ Activity Using Skills
- ▶ Research basis

Ellen Galinsky

- ▶ President and co-founder of Families and Work Institute (FWI)
- ▶ Over 100 books and reports
- ▶ MITM based on over 11 years of review of research in early childhood education, developmental psychology, cognitive sciences, and neuroscience.
- ▶ www.mindinthemaking.org



What are the 7 Essential Life Skills?

- Communication
- Perspective Taking
- Focus and Self-Control
- Taking on Challenges
- Critical Thinking
- Making Connections
- Self-Directed, Engaged Learning



Focus and Self-Control in the Research

Walter Mischel, PhD
The Marshmallow Test:
Delay of Gratification
in Children

<https://www.youtube.com/watch?v=4y6R5boDqh4&feature=youtu.be>

Executive Functions:

The goal-directed cognitive control of thought, action, and emotion.

- Inhibitory Control
- Working Memory
- Cognitive Flexibility



<http://developingchild.harvard.edu/resources/inbrief-executive-functions-skills-for-life-and-learning/>

7 Essential Life Skills & Puzzle-Solving



<https://petapixel.com/2013/06/20/this-mind-bending-colorful-photo-mosaic-is-actually-a-single-photograph/>

Critical Thinking in the Research

Alison Gopnik, PhD
Young Children Construct
and Test Theories

Skill-Building Resources

For supporting children's development:

- <http://mindinthemaking.org/firstbook/>

For supporting adult development:

- MITM
- Lumosity and similar games
- Reflection

Perspective Taking
in the Research

J. Kiley Hamlin, PhD
Karen Wynn, PhD
Social Evaluation by Preverbal Infants

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Thank you for participating
today!

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