

## **MANAGING MYSELF**

This key skill helps learners to understand themselves both as individuals and as learners so that they can develop personal goals and plans. It also helps them develop strategies to make considered decisions, to take action and to reflect on their progress.

## **STAYING WELL**

This key skill recognises that learners' overall wellbeing must be supported alongside their intellectual development. Being healthy, physically and emotionally, being socially active and being able to take care of oneself and of others helps learners become happy and confident. This key skill also helps young people become positive and engaged in their learning and supports them in the safe and ethical use of digital technology.

## **COMMUNICATING**

This skill helps learners develop good communication skills in all aspects of life, using a variety of media. As well as developing literacy skills it also develops learners' confidence in communicating, expressing opinions, writing, making oral presentations and performing.

## **BEING CREATIVE**

This skill enables learners to develop their imagination and creativity as they explore different ways of doing things and of thinking. Students learn to stay with challenges or tasks to completion and to learn from their experiences.

## **WORKING WITH OTHERS**

This skill helps learners develop good relationships and to appreciate the value of cooperating to reach both collective and personal goals. Students also learn to value diversity and to engage in collaborative work aimed at making the world a better place.

## **MANAGING INFORMATION AND THINKING**

This key skill helps learners gradually improve their capacity to search for information from different sources. They also develop their skills in judging and discriminating between information types and sources and they develop strategies for organising information so that they can understand it and use it later. This skill also develops learners' thinking skills so that they can become more skilled in higher order reasoning and problem-solving.

