

# THREE CORE SOCIAL-EMOTIONAL SKILLS

Students Need to Succeed in 2040 and Beyond

1



## Emotional Regulation

How we feel impacts how we work – and the same goes for students. Consider providing the opportunity for learners to:

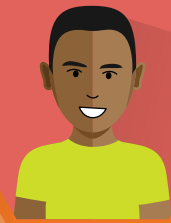
- Chart their feelings and responses to academic stress with a mood map or journal
- Identify with a protagonist in a book who is struggling
- Practice growth mindset, recognizing that failure is part of the learning process

## Empathy and Perspective Taking

Being able to listen well, collaborate with others and appreciate diversity will be essential as advancements in artificial intelligence and automation reshape the future of work. Education can empower students to:

- Seek out true service-learning opportunities that strengthen their learning community
- Find and solve problems in their communities or abroad that connect with what they're learning
- Recognize their own strengths and the strengths of others, facilitating genuine collaboration

2



## Deep Self-Knowledge

A student who is aware of their own strengths, weaknesses and how they learn best is more successful and productive – and they'll carry those skills with them into the workplace. It's essential for students and teachers to work together to create an environment that:

- Cultivates a learner's ability to be self-aware by asking them to consider how they learn best
- Offers time to reflect on their learning preferences and styles
- Provides voice and choice in how students learn and how they demonstrate what they know

3

