

Pennsylvania

Career Readiness Skills



SELF AWARENESS & SELF MANAGEMENT: Recognize and regulate emotions

Related

Employability Skills:

Respect, dependability & reliability, communication, professionalism, teamwork, integrity, business fundamentals, adaptability, initiative, planning & organization

- Self Awareness
- Celebrating My Strengths
- Emotional Awareness
- Emotional Regulation
- Managing Stress
- Coping Strategies
- Self-Care & Hygiene
- Connection
- Goal Setting
- Personal Excellence
- Resilience & Perseverance
- Embracing Change
- Navigating Uncertainty
- Self-Compassion
- Motivation
- Happiness
- Growth Mindset
- Self-Efficacy
- Character Traits
- Respecting Personal Space
- Maslow's Pyramid
- Well-Being
- Conditions of Well-Being
- Choices & Consequences
- Responsibility
- Executive Function
- Time Management
- Organization
- Test Preparation
- Communication
- Nutrition
- Exercise

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Career Readiness Skills



ESTABLISHING & MAINTAINING RELATIONSHIPS: Communicate and collaborate across diverse backgrounds

Related

Employability Skills:

Problem solving, decision making, critical thinking, integrity, teamwork, adaptability, professionalism, communication, respect

- Connection
- Communication
- Kindness & Friendship
- Strengths of Others
- Respect for Others
- Psychological Safety
- Bully Prevention
- Empathy
- Perspective Taking
- Active Listening
- Collaboration
- Conflict Resolution
- Power of Words
- Respecting Personal Space
- Physical Safety
- Positive Peer Impact
- Problem Solving
- Leadership
- Honesty & Integrity
- Gratitude
- Critical Thinking
- Feedback

SOCIAL PROBLEM-SOLVING SKILLS: Demonstrate empathy and respectful choices

Related

Employability Skills:

Integrity, communication, respect, customer focus, critical thinking, professionalism, reading, writing, problem solving

- Choices & Consequences
- Perspective Taking
- Empathy
- Respect for Others
- Emotional Awareness
- Critical Thinking
- Digital Citizenship
- Honesty & Integrity
- Civic Roles
- Positive Peer Impact
- Mind & Body Drug Free
- Making a Difference
- Leadership
- Courage
- Responsibility
- Character Traits
- Active Listening
- Conflict Resolution
- Power of Words
- Communication
- Lifelong Learning
- Deep Learning