

# ESSENTIAL SKILLS INTRODUCTION

## College For Every Student (CFES) - Essential Skills for College & Career Readiness™

*Six core competencies needed to help our young people succeed in a world of disruptive change - a world like the one we are living in today.*

**GOAL SETTING** is the process of determining a desired result that you envision and commit to achieve. You have to know what you want so you can take steps to get there.

**TEAMWORK** is collaborating with others to achieve your goals since we can accomplish bigger and better things when we work together.

**LEADERSHIP** is taking charge of your future. By doing so, a leader lifts up their peers, helping them, supporting them, and making their school and or community a better place. Everyone can be a leader by helping those around them.

**AGILITY** is the capacity to be adaptable and responsive to changing circumstances. It can be hard when big things in your life change, but if you're willing to see these challenges as opportunities or adventures. . . that's agility!

**PERSEVERANCE** is the ability to overcome challenges to achieve your goals. When something sets you back, you need to make the decision to keep trying.

**NETWORKING** is turning an acquaintance into a supporter. Your network can include mentors, teachers, family, friends, and people you meet through extracurricular activities. In fact, anyone you meet can become part of your network.

