Best Self . . . Best Life

Life skills at SuperCamp are all about being our best self and living our best life. Many of the topics in our curriculum (communication skills, goal setting, taking responsibility, creative thinking, collaboration and teamwork) have been identified by researchers in the field of learning as essential skills for the 21st century. Not only will they help you in life, you will soon notice the impact they have on your approach to school.

First and foremost among the life skills we teach at SuperCamp are the 8 Keys of Excellence, our framework for personal excellence and success. Developed by Bobbi DePorter and her team many years ago, the 8 Keys are an integral part of our SuperCamp curriculum. Please see our 8 Keys Review for an overview of these principles to live by.

The other life skills we cover include the following:

- **Comfort Zone and Fimage**
  Students gain the confidence to let go of their fear of what others think of them (fimage) and the courage to take positive risks to learn and grow.

- **Above the Line**
  Students learn to take responsibility for their choices and for their lives and practice behaviors that maximize their personal power.

- **OTFD**
  Students learn how to communicate effectively in challenging situations to resolve conflicts and maintain strong relationships with parents, peers and others.

- **Four-Part Apology**
  Students learn an effective tool to offer meaningful apologies to mend strained relationships and move forward in a positive way.

- **Goal Setting**
  Students learn a step-by-step process to help them make their dreams a reality.

Used consistently throughout your life, these SuperCamp life skills will empower you to reach your highest potential.