Life Skills Review: 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.

The life skills we cover at SuperCamp include the following:

- **8 Keys of Excellence**
  First and foremost among our SuperCamp life skills 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 the 8 Keys Review section for more about these guiding principles.

- **Fimage and Comfort Zone**
  Letting go of fimage and moving out of our comfort zone give us the confidence to let go of our fear of what others think of us (fimage) and the courage to take positive risks to learn and grow.

- **Above the Line**
  Taking responsibility for our choices and the results that follow helps us to maximize our personal power.

- **OTFD**
  Communicating effectively in challenging situations helps us resolve conflicts and maintain strong relationships with parents, peers and others.

- **Four-Part Apology**
  Using this effective tool to offer meaningful apologies helps us mend strained relationships and move forward in a positive way.

- **Goal Setting**
  Using a step-by-step goal-setting process helps us make our dreams a reality.

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