Relevant skills

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Cognitive skills (3 - 7) years old)

- executive functions
- school prerequisites

Cognitive skills (15 – 64 years old)

- working memory
- cognitive inhibition
- reasoning
- numeracy
- literacy
- information-processing speed

Socio-emotional skills (3 – 7 years old)

- social (interaction, rule-compliance, prosocial skills)
- emotional (emotion expression, emotion production, self-regulation)

Socio-emotional skills (15 – 64 years old)

- personality traits (Big Five model)
- self-regulation

2. Cognitive skills become knowledge-dependent

Expertise = - large knowledge base
- specific heuristics
- metacognition



a sectorial development

3. Skills improvement is possible, but it should be:

- developmental
- sectorial
- continous