

## Keep Pace with Change



**Anticipate, manage, and adapt to change in conditions and systems that affect your life.**

- Adjust your goals and plans over time to take into account actual or prospective changes
- Keep abreast of and evaluate trends in your industry and community, as well as the nation and world
- Determine what skills and knowledge are needed to meet emerging needs or new situations
- Create opportunities to expand your own skills and knowledge, as well as those of your family, community, or work group

### EFF STANDARDS

#### Communication Skills

- Read with understanding
- Convey ideas in writing
- Speak so others can understand
- Listen actively
- Observe critically

#### Decision-Making Skills

- Use math to solve problems and communicate
- Solve problems and make decisions
- Plan

#### Interpersonal Skills

- Cooperate with others
- Advocate and influence
- Resolve conflict and negotiate
- Guide others

#### Lifelong Learning Skills

- Take responsibility for learning
- Reflect and evaluate
- Learn through research
- Use information and communications technology

*The nature, complexity, and context of the activity will determine which of these skills adults need to use.*

### ROLES

#### Family

**Example:** Check recent safety reports to find out if your old child safety seat meets the most recent standards.



#### Citizen

**Example:** Learn how to use the Internet to find information about a community issue that concerns you.



#### Worker

**Example:** Reorganize your work plan to address trends occurring in your industry.

