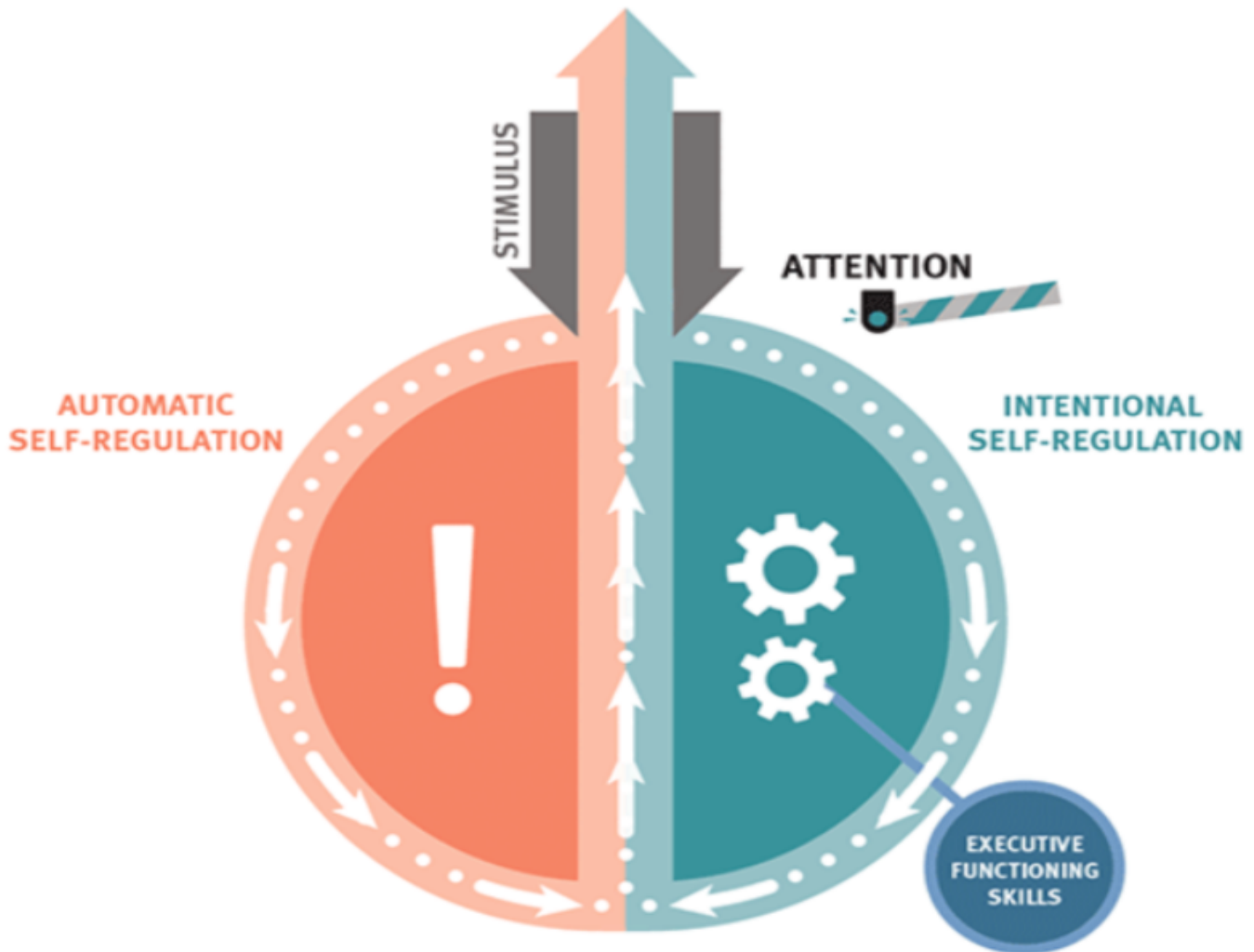




# Core Capabilities

Adults need certain capabilities to succeed in life & support the development of the next generation



## What are Core Capabilities?

Mounting research from neuroscience and psychology tells us that there is a set of underlying core capabilities that adults use to manage life, work, and parenting effectively. These include, but are not limited to: planning, focus, self-control, awareness, and flexibility; these capabilities fall under the umbrella of [self-regulation and executive function](#).

## Why It Matters:

When these skills have not developed as they should, or are compromised by the stresses of poverty or other sources of ongoing adversity, our communities pay the price in population health, education, and economic vitality.

Executive functioning in adults: The science behind adult capabilities. Center on the Developing Child at Harvard University. (2018, June 1). Retrieved April 7, 2022, from <https://developingchild.harvard.edu/science/deep-dives/adult-capabilities/>

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