



Commonwealth of the Northern Mariana Islands Department of Community and Cultural Affairs

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CNMI Brain Builders Series (8 Sessions): Mind in the Making for Child Care Providers COHORT 5.

On March 25, 2023, Evergreen Learning's Technical Assistance Specialist, Nerine Villagomez, concluded a training series on *Mind in the Making – Seven Essential Life Skills*. This training series was held at the Evergreen Learning Center, MSV Building, Chalan Kanoa, Saipan.

Mind in the Making (MITM) is a program that shares the science of children's brain development and learning. It is a national movement backed by scientifically based research and strategies for promoting Life Skills in children to help them thrive. The modules focused on one of the seven essential life skills per training, which included an introduction module. The participants learned how to translate the research on children's learning into practice through informal everyday interactions. These interactions will help foster children's development in the MITM 7 essential life skills framework.

Each Essential Life Skill are as follows:

- Skill 1- Focus and Self Control
- Skill 2- Perspective Taking
- Skill 3- Communicating
- Skill 4- Making Connections
- Skill 5- Critical Thinking
- Skill 6- Taking on Challenges
- Skill 7- Self Directed, Engaged Learning

The participants in attendance were 15 child care providers from four centers. MITM is intended to be shared with our community, families, teachers, and child care providers. This training is made possible through funding from the Department of Health and Human Services, Office of Child Care, CNMI CCDF Program under the Department of Community and Cultural Affairs.



