* Literacy
* Numeracy
* ICT (Information and Communication Technology)
* Creative and Critical Thinking
* Personal and Social
* Ethnical Understanding
* Intercultural Understanding

Definitions and Examples of the 7 capabilities;

Literacy – Reading, writing, understanding and using this knowledge/ applying the understanding to other areas. Other areas include; other subjects at school, at home, reading a book, and at work/part-time job.
Examples of literacy include:

* Reading your work roster
* Writing notes into your book and reading the board
* Creating and completing assignments to show understanding of topics covered
* Communicating with teachers and other students by asking questions

Numeracy – Working with numbers, logic, and data to problem solve.
Examples of numeracy include:

* Estimating and Calculating with while numbers
* Using measurements
* Paying bills and budgeting
* Making blueprints

ICT – Using information and communication technology to create and share documents and to manipulate and communicate data.
Examples of ICT include:

* Game design – Programming
* Website design – Create pages with text and graphics
* Social Media – using Facebook or Phones (ethical considerations and use in advertising for business)

Critical and creative thinking – Inquiring, identifying, exploring and organising information and ideas. Generating ideas, evaluate information and ideas and possible actions, finalising and evaluate information.
Examples of critical and creative thinking include:

* Understanding and using information
* Problem Solving
* Using imagination/creativity – art class/video games

Personal and social – Self-awareness and self-management.
Examples of personal and social include:

* Know who you are (personal identity/personality)
* Managing behaviour/emotions
* Decision making – making good decisions
* Managing relationships – friendship and family

Ethical Understanding – Exploring values, rights and responsibilities.
Examples of ethical understanding include:

* Knowing right and wrong
* Values and what we believe
* Perspective, social justice and social issues

Intercultural understanding – Understanding people from different cultures, developing respect, interacting and empathising with others.
Examples of intercultural understanding include:

* International integration – accepting people from different cultures
* Open-mindedness and respect
* Culture and diversity