



# Professional Practice Support

## KEY COMPETENCIES FOR LIFE

### “Capabilities for living and lifelong learning and thinking”

The following five Key Competencies, are essential for high quality learning and contributing in all aspects of your life

- in education
- in the workplace
- in the community.

They are further developed by your personal dreams, the environments in which you live and learning with and from others with differing values and outlooks. These competencies are lifelong works in progress, being developed and shaped by the many experiences and interactions you have. They underpin your learning and personal development.

Regularly revisiting these Key Competencies and **reflecting** on your progress on developing each of them will assist you in achieving what you want from your education and life; twice each term is suggested. Use the scale.

Not Yet

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Sometimes

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Usually

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Always

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#### THINKING; being able to:

- change how you think for different situations by thinking about your thinking
- think about and understand your experiences and see how they connect to your world
- create your own questions from your curiosity to discover more about something
- be reflective and make adjustments to how you do things by linking your thinking and learning.

Not Yet

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Sometimes

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Usually

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Always

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#### USING LANGUAGE, SYMBOLS, AND TEXTS; being able to:

- understand the meaning of the language, symbols and texts used to represent knowledge in each of your subjects
- communicate effectively and accurately using a range of terms and expressions
- understand experiences and information from oral, written, graphical, non-verbal, scientific and mathematical forms
- confidently and capably use Information and Communication Technology (ICT) in communicating in a range of situations.

Not Yet

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Sometimes

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Usually

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Always

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#### MANAGING SELF; being able to:

- have “can do” and “want to” attitudes and approaches to learning and life
- understand and develop your self awareness, self control and self motivation
- regularly think about your learning progress and make adjustments to improve further
- set goals, create actions plans and follow through on what you have to do.

Not Yet

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Sometimes

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Usually

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Always

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#### RELATING TO OTHERS; being able to:

- understand and be aware of the needs and feelings of others
- listen with your eyes, ears and heart to understand others’ points of view and ideas
- give and receive feedback to connect with others and build shared understandings with them
- feel that you can make a difference and make things better for others either individually or in a group.

Not Yet

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Sometimes

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Usually

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Always

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#### PARTICIPATING AND CONTRIBUTING; being able to:

- contribute to and value the sustainability of your society, culture and environment
- relate to and connect with groups, whether they be local, national or global
- make a positive difference in a variety of situations to create opportunities for others
- understand your rights and responsibilities and find a sensible balance between them.

Not Yet

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Sometimes

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Usually

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Always

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