

Personal Competencies

what we know | how we think | why we persist | how we relate



Redding, Sam (2014). *The Something Other: Personal competencies for learning and life*. Philadelphia, PA: Temple University, Center on Innovations in Learning.

Competence

the possession of knowledge and skills sufficient to perform a job or a task successfully

Competency

evolving development of related capabilities that support learning, goal setting, and attainment

Personal Competency

an individual's interrelated cognitive, metacognitive, motivational, and social/emotional competencies

Want to make a difference? Help kids connect learning with life? **Help develop these.**



Cognitive Competency

prior knowledge that organizes the mind and provides associations to support new learning



Metacognitive Competency

self regulation of learning and use of learning strategies (e.g. problem solving, synthesis, creative thinking)



Motivational Competency

engagement and persistence in pursuit of goals (learning + life)



Social-Emotional Competency

sense of self-worth, regard for others, and emotional understanding + management to set goals and make responsible decisions

What are you doing?

How are you doing it?

Why are you doing it?

What will it help you do that is important?