



**PERSONAL, SOCIAL AND
LEARNING TO LEARN
COMPETENCE**

OVERVIEW

Personal, social and learning to learn competence is the ability to reflect upon oneself, manage time and information, and work with others constructively.

It includes resilience, managing learning and career, coping with uncertainty, supporting well-being, and leading a health-conscious life.

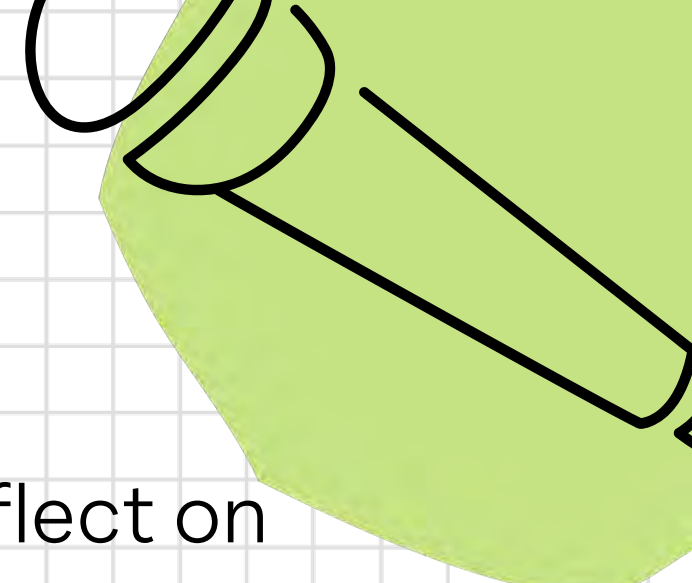

ESSENTIAL KNOWLEDGE

Understanding codes of conduct and rules of communication in various environments.

Knowledge of healthy mind, body, and lifestyle components.

Awareness of preferred learning strategies and competence development needs.

Ways to seek education, training, and career opportunities.



KEY COMPONENTS CORE SKILLS

- 1. Self-reflection:** ability to reflect on oneself and manage time effectively
- 2. Collaboration:** work constructively
- 3. Resilience:** handle uncertainty and support physical and emotional wellbeing.
- 4. Decision-making:** identify strengths, and make informed choices.
- 5. Teamwork:** work collaboratively
- 6. Communication and empathy:** understand diverse viewpoints.

POSITIVE ATTITUDES

LIFELONG LEARNING

Embrace continuous learning and personal development

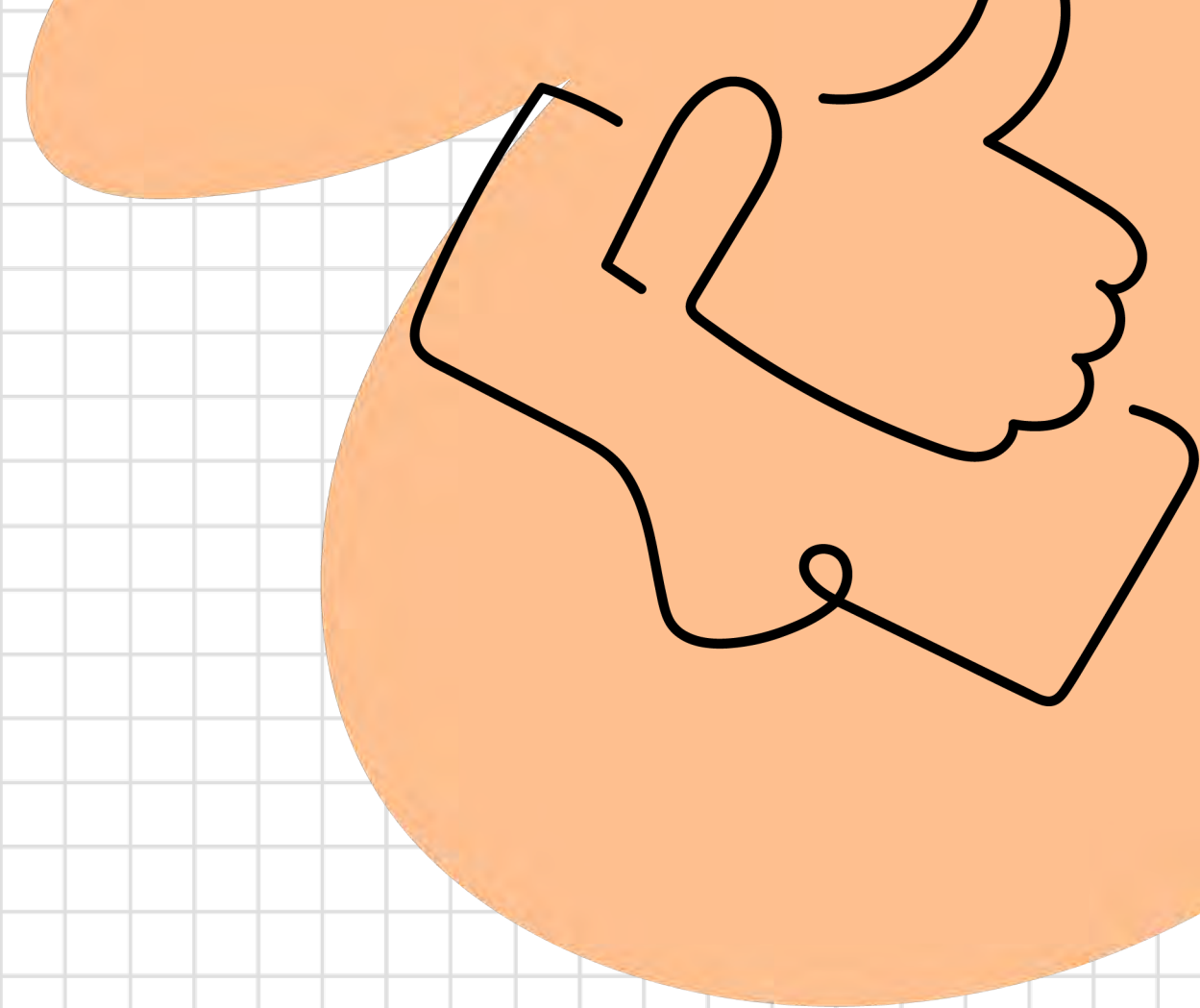
DIVERSITY AND COLLABORATION

Respect diversity, collaborate and overcome prejudices.

RESILIENCE AND MOTIVATION

Stay motivated, set goals and confidently handle challenges.

**THANK YOU FOR YOUR
ATTENTION !!!**





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