

Personal, social and emotional competency	Description	How these contribute towards educational outcomes	
<b>1. Confidence and self-belief:</b>	Confidence in abilities; belief in ability to overcome challenges and achieve one's goals; self-esteem; optimism.	Young people's beliefs about their own abilities guide the amount of effort they use to complete a task.  Self-efficacy contributes towards young people's academic success and promotes higher aspiration.	<b>Engagement with learning</b>  Young people improve their skills for, and engagement with, learning.  Young people improve aspects of their performance in the classroom.
<b>2. Resilience and determination:</b>	Ability to bounce back from setbacks; ability to sustain	Resilience is linked with doing better in school and increased likelihood of entering employment.  Self-discipline is a vital factor in academic achievement.	<b>Health and well-being</b>  Young people have greater capacity to form and sustain good personal, social and working relationships.
<b>3. Planning and problem-solving:</b>	Ability to set achievable goals; ability to find solutions to problems; ability to monitor and review progress in learning.	Effective goal-setting is important for academic success.  Problem-solving is associated with the ability to cope with stresses in life.	Young people have improved emotional well-being.  Young people are more motivated for physical exercise to spend time in the outdoors.
<b>4. Self-awareness:</b>	Awareness of own strengths and weaknesses; awareness of how one's behaviour affects others.	Awareness of own strengths and abilities is important for creating effective learning behaviours around motivation and engagement.	<b>Employability</b> Young people develop skills and attributes that are attractive to employers and that enable them to perform effectively
<b>5. Working with others:</b>	Ability to show compassion and consideration for others; ability to collaborate with others and work in a team; ability to establish and maintain positive relationships with others.	The ability to interact with others is an important element of effective learning as well as transition into training or employment.  Having strong social relationships is linked with resilience, coping and social well-being.	
<b>6. Communication:</b>	Ability to communicate clearly and appropriately; ability to express opinions and present ideas.	Good communication is essential for a successful transition to work or training, and for forming positive relationships with others.	

<b>7. Leadership:</b>	Ability to influence others; ability to take responsibility for one's actions; ability to manage own learning and development.	The ability to influence others can support young people as they transition into training, employment and adulthood.	
<b>8. Awareness and concern for the natural environment:</b>	Knowledge, understanding and enjoyment of the natural environment; concern for protecting the natural environment.	Direct experience of the natural environment provides opportunities for real-life learning and promotes positive environmental behaviours.	