

## 1. Critical Thinking

*Thinks clearly and rationally with an open mind to arrive at decisions or conclusions by examining evidence, analyzing relationships, and drawing conclusions from a variety of data.*

#	Competency	Indicators
1.1	Observes critically.	<input type="checkbox"/> Sets purpose for observation and selects appropriate strategies, methods, and materials needed for observation. <input type="checkbox"/> Selects and attends to important information and details while observing. <input type="checkbox"/> Monitors observation and adjusts strategies, methods, and materials appropriately.
1.2	Solves problems.	<input type="checkbox"/> Recognizes and accurately defines or describes the problem. <input type="checkbox"/> Identifies possible causes and effects of the problem. <input type="checkbox"/> Determines possible solutions to the problem. <input type="checkbox"/> Uses prior knowledge, information gathered about the problem, and available resources to choose a problem-solving approach. <input type="checkbox"/> Collects and allocates resources to creatively solve the problem.
1.3	Makes decisions using reasoning.	<input type="checkbox"/> Identifies and analyzes circumstances leading up to or surrounding a situation. <input type="checkbox"/> Compares and contrasts costs and benefits of various options to come to an informed decision. <input type="checkbox"/> Determines when to make decisions independently and when to seek support from peers or supervisors. <input type="checkbox"/> Supports final decision with reasons and evidence and evaluates the effectiveness of the decision.
1.4	Processes and analyzes information.	<input type="checkbox"/> Examines situations and considers prior experience to predict possible outcomes. <input type="checkbox"/> Identifies cause-and-effect relationships to predict outcomes and determine probability of meeting desired outcomes. <input type="checkbox"/> Sustains focused attention and filters irrelevant information. <input type="checkbox"/> Identifies missing information. <input type="checkbox"/> Identifies urgency of situations and problems. <input type="checkbox"/> Draws appropriate conclusions based on information gathered from multiple sources.

# Transferable Skills

#	Competency	Indicators
1.5	Recognizes bias, assumptions, and multiple perspectives.	<ul style="list-style-type: none"><li><input type="checkbox"/> Considers personal bias and assumptions when communicating with others.</li><li><input type="checkbox"/> Recognizes differences among team members and works collaboratively with others.</li><li><input type="checkbox"/> Recognizes bias in materials, documents, and procedures.</li><li><input type="checkbox"/> Seeks knowledge and information from multiple perspectives.</li></ul>
1.6	Organizes, analyzes, and illustrates relationships.	<ul style="list-style-type: none"><li><input type="checkbox"/> Integrates new information with prior knowledge to clearly illustrate relationships between actual items and ideas.</li><li><input type="checkbox"/> Asks questions or uses resources to clarify information.</li></ul>

## 2. Self-Management

*Takes responsibility for one's own emotions, thoughts, and values and recognizes their impact on one's own and others' behavior in different situations.*

#	Competency	Indicators
<b>2.1</b>	Anticipates change and adapts to new situations.	<input type="checkbox"/> Remains calm while processing information and problems. <input type="checkbox"/> Identifies and uses support systems to alleviate stress. <input type="checkbox"/> Adapts and shows flexibility when tasks, procedures, processes, or people change within the workplace.
<b>2.2</b>	Demonstrates responsibility and self-discipline.	<input type="checkbox"/> Demonstrates promptness and avoids excessive absenteeism. <input type="checkbox"/> Does not attend to personal business when on the job. <input type="checkbox"/> Accepts responsibility for mistakes and develops plan to reduce future problems. <input type="checkbox"/> Takes stock of emotions, thoughts, and values and recognizes the impact on one's behavior. <input type="checkbox"/> Follows health and safety rules and procedures.
<b>2.3</b>	Completes work independently and takes initiative.	<input type="checkbox"/> Sets goals, prioritizes tasks, and completes tasks in a timely manner. <input type="checkbox"/> Takes responsibility for professional growth.
<b>2.4</b>	Demonstrates integrity.	<input type="checkbox"/> Maintains healthy lifestyle (e.g., no substance abuse). <input type="checkbox"/> Follows rules, regulations, and instructions. <input type="checkbox"/> Shows concern for quality in one's work.
<b>2.5</b>	Demonstrates professionalism.	<input type="checkbox"/> Maintains appropriate grooming and hygiene. <input type="checkbox"/> Dresses appropriately and adheres to established dress codes. <input type="checkbox"/> Uses social media responsibly and represents oneself accordingly.
<b>2.6</b>	Demonstrates a growth mindset.	<input type="checkbox"/> Demonstrates positive self-efficacy and works to build self-confidence to accomplish new and challenging tasks. <input type="checkbox"/> Demonstrates a willingness to learn new things and accept new responsibilities. <input type="checkbox"/> Accepts constructive criticism and overall supervision and strives to improve.
<b>2.7</b>	Perseveres to accomplish goals.	<input type="checkbox"/> Perseveres when work is difficult and maintains positive attitude. <input type="checkbox"/> Identifies and addresses personal barriers to success at work. <input type="checkbox"/> Seeks help and support as needed to accomplish goals.

## 3. Utilizing Resources

*Identifies and measures effective resources and makes the most of available resources to achieve desired objectives.*

#	Competency	Indicators
<b>3.1</b>	Uses time effectively.	<input type="checkbox"/> Organizes, plans, and completes individual activities in a timely manner. <input type="checkbox"/> Organizes and plans within a team to create action steps and complete tasks on or before expected deadlines.
<b>3.2</b>	Manages money.	<input type="checkbox"/> Appropriately allocates funds to stay within a budget. <input type="checkbox"/> Determines ways to reduce costs, save resources, and increase profits. <input type="checkbox"/> Determines when it is appropriate to estimate and when a precise calculation must be done.
<b>3.3</b>	Selects and uses appropriate tools and materials for tasks.	<input type="checkbox"/> Considers costs and benefits when selecting materials and tools for tasks. <input type="checkbox"/> Chooses and uses appropriate communication methods for tasks that involve internal and/or external customers. <input type="checkbox"/> Seeks feedback from others to determine reliability of resources.
<b>3.4</b>	Thinks creatively.	<input type="checkbox"/> Identifies new ways to use resources to increase efficiency, reduce costs, or improve product or process. <input type="checkbox"/> Analyzes relationships between resources and then develops and shares new ideas related to the resources with others.

## 4. Using Information

*Uses observations, experiential information, and data to communicate and support the decision-making process.*

#	Competency	Indicators
4.1	Locates information.	<input type="checkbox"/> Identifies purpose and need for information. <input type="checkbox"/> Uses analytical strategies to determine the best medium for finding necessary information.
4.2	Organizes and uses information.	<input type="checkbox"/> Uses graphic organizers, charts, spreadsheets, and other software to organize and sort data. <input type="checkbox"/> Prioritizes resources based on task, purpose, complexity, and time factors. <input type="checkbox"/> Determines amount and variety of information necessary to effectively complete task.
4.3	Analyzes information.	<input type="checkbox"/> Assesses information and determines relevance to current and future situations. <input type="checkbox"/> Seeks feedback from others, as necessary, about reliability of information received. <input type="checkbox"/> Assesses and reflects on the results of analysis.
4.4	Communicates information securely and effectively to others.	<input type="checkbox"/> Summarizes and distributes information to others following expected procedures within the workplace. <input type="checkbox"/> Composes written or oral presentations that use appropriate language, eliminate personal biases, and use vocabulary appropriate for the audience.

## 5. Working with Others

*Interacts, cooperates, collaborates, and manages conflicts with other people within a team or organization to complete tasks and achieve shared goals.*

#	Competency	Indicators
<b>5.1</b>	Works effectively in teams.	<input type="checkbox"/> Understands personal roles and responsibilities when collaborating as a team. <input type="checkbox"/> Demonstrates when and how to seek feedback from team members. <input type="checkbox"/> Listens attentively, considers different viewpoints, and responds respectfully to team members. <input type="checkbox"/> Interprets verbal and nonverbal communication efforts of others correctly. <input type="checkbox"/> Avoids use of stereotypical language and comments.
<b>5.2</b>	Works within organizational structure and culture.	<input type="checkbox"/> Knows how one's work unit is connected to other work units within organization. <input type="checkbox"/> Adapts to organizational change as it occurs.
<b>5.3</b>	Uses leadership skills to take initiative.	<input type="checkbox"/> Displays a positive attitude and sense of self-worth. <input type="checkbox"/> Manages time, money, and resources effectively to meet team goals and objectives. <input type="checkbox"/> Organizes work to meet project goals and team roles.
<b>5.4</b>	Resolves conflicts through negotiation.	<input type="checkbox"/> Knows organization's steps for grievance or dispute resolution. <input type="checkbox"/> Controls volume, pitch, and body language to convey message effectively to others with differing viewpoints.
<b>5.5</b>	Respects differences and diversity.	<input type="checkbox"/> Demonstrates respect for individual differences (e.g., age, race, culture, gender, and abilities). <input type="checkbox"/> Considers personal bias and assumptions when communicating with others. <input type="checkbox"/> Helps coworkers understand tasks, find resources, and fulfill assigned roles. <input type="checkbox"/> Uses appropriate digital platforms, multimedia tools, and visuals (e.g., large print or closed captioning) to be inclusive and meet the needs of all members of the team.

# Transferable Skills

#	Competency	Indicators
5.6	Engages positively with customers and stakeholders.	<ul style="list-style-type: none"><li><input type="checkbox"/> Aligns behaviors to match organization's mission and vision.</li><li><input type="checkbox"/> Uses appropriate language and communication styles when communicating with others inside and outside of the organization.</li><li><input type="checkbox"/> Demonstrates empathy, a positive attitude, honesty, patience, diplomacy, and leadership when engaging with customers and stakeholders.</li><li><input type="checkbox"/> Displays flexibility.</li></ul>
5.7	Seeks information and assistance appropriately from others.	<ul style="list-style-type: none"><li><input type="checkbox"/> Identifies communication channels within organization and communicates problems to appropriate people.</li><li><input type="checkbox"/> Recognizes strengths and assets of other team members.</li></ul>

## 6. Understanding Systems

*Navigates within the organizational structures that are part of 21st-century communities, workplaces, and schools and knows how these components interact and interconnect to influence one another as a whole.*

#	Competency	Indicators
6.1	Understands process and product.	<input type="checkbox"/> Explains personal role in contributing to quality. <input type="checkbox"/> Explains personal responsibilities related to production or provision of services.
6.2	Engages in sustainable practices.	<input type="checkbox"/> Helps reduce waste and overhead costs by proactively adjusting the use of materials and resources to complete a task. <input type="checkbox"/> Recognizes unsafe or unhealthy practices and addresses concerns using proper procedures. <input type="checkbox"/> Establishes efficient system for monitoring effective use of resources.
6.3	Demonstrates fiscal responsibility.	<input type="checkbox"/> Explains the purpose for each payroll deduction. <input type="checkbox"/> Describes the worth of benefits. <input type="checkbox"/> Identifies organization's revenue sources and expenditures. <input type="checkbox"/> Explains parts of a profit and loss statement. <input type="checkbox"/> Explains how quality and customer satisfaction affect profit.
6.4	Navigates systems.	<input type="checkbox"/> Differentiates roles and responsibilities when navigating workplace, family, education, and community tasks. <input type="checkbox"/> Understands one's work responsibilities and how one's performance can impact other departments and overall organizational success. <input type="checkbox"/> Uses appropriate resources to improve skills and knowledge to progress along a career pathway.
6.5	Monitors systems.	<input type="checkbox"/> Helps devise methods to assess team (system) progress. <input type="checkbox"/> Negotiates corrections and adaptations to team (system) tasks, if necessary.
6.6	Improves systems.	<input type="checkbox"/> Participates in continuous improvement activities. <input type="checkbox"/> Recognizes previous mistakes made individually or by a team and provides possible solutions for future success.



#	Competency	Indicators
<b>6.7</b>	Demonstrates quality consciousness.	<input type="checkbox"/> Takes responsibility for completion and quality of work. <input type="checkbox"/> Treats work assignments with respect in that work is either original or credited correctly.
<b>6.8</b>	Understands and follows rules, policies, and procedures.	<input type="checkbox"/> Use appropriate resources (e.g., work plans, job aids, or standard operating procedures (SOPs) to complete work tasks. <input type="checkbox"/> Uses approved digital technologies for calculating, collecting and displaying data, conducting research, creating presentations, and writing work-related reports.

## 7. Transition Skills

*Navigates change in personal and professional environments while remaining flexible and adaptable.*

#	Competency	Indicators
<b>7.1</b>	Evaluates personal skills, strengths, values, and beliefs to inform decisions.	<input type="checkbox"/> Identifies and works to remove personal barriers to learning new things. <input type="checkbox"/> Demonstrates an interest in (and pursues) continuing education. <input type="checkbox"/> Recognizes and adjusts to changes that cause an increase in stress on the job.
<b>7.2</b>	Uses problem solving skills to evaluate and eliminate options.	<input type="checkbox"/> Seeks clarification and understanding, when needed. <input type="checkbox"/> Makes wise self-directed learning choices. <input type="checkbox"/> Negotiates pros and cons of ideas, approaches, and solutions and analyzes options using "if-then" rationale.
<b>7.3</b>	Applies skills in new contexts.	<input type="checkbox"/> Works with coworkers to apply new skills and knowledge on the job. <input type="checkbox"/> Reflects on using skills in new contexts and determines additional knowledge needs. <input type="checkbox"/> Accepts new or changed job responsibilities and uses appropriate skills with new duties.
<b>7.4</b>	Develops plan.	<input type="checkbox"/> Identifies career pathway options within current organization. <input type="checkbox"/> Assesses one's strengths and limitations while maintaining a growth mindset to effectively determine goals and action steps. <input type="checkbox"/> Determines steps, procedures, and/or approaches for addressing tasks.
<b>7.5</b>	Implements plan.	<input type="checkbox"/> Creates and implements plan to increase skills and knowledge to progress along career pathway. <input type="checkbox"/> Demonstrates growth mindset by persevering to accomplish tasks that are difficult.
<b>7.6</b>	Evaluates plan.	<input type="checkbox"/> Devises methods to evaluate personal performance. <input type="checkbox"/> Uses data to inform decisions and create new goals and action steps.

## References

- Adult Basic Education Teaching and Learning Advancement System (ATLAS) (2013). *Transitions Integration Framework*. <http://atlasabe.org/professional/transitions>
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- Pennsylvania Adult Education Resources, (n.d.). *Foundation Skills Framework*. <https://www.paadultedresources.org/foundation-skills-framework/>
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