

## 7. Transition Skills

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

#	Competency	Indicators
7.1	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.
7.2	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.
7.3	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.
7.4	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.
7.5	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.
7.6	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>
- Literacy Information and Communication System (LINCS) (n.d.). *Defining the Skills that Matter*. <https://lincs.ed.gov/sites/default/files/DefineSkillsThatMatter-508.pdf>
- Literacy Information and Communication System (LINCS) (n.d.). *Teaching Skills that Matter*. <https://lincs.ed.gov/state-resources/federal-initiatives/teaching-skills-matter-adult-education>
- Pennsylvania Adult Education Resources, (n.d.). *Foundation Skills Framework*. <https://www.paadultedresources.org/foundation-skills-framework/>
- U.S. Department of Education, Office of Career, Technical, and Adult Education (OCTAE) Division of Academic and Technical Education (n.d.). *Employability Skills*. <https://cte.ed.gov/initiatives/employability-skills-framework>
- Workforce Innovation and Opportunity Act. (2014). <https://www.congress.gov/113/bills/hr803/BILLS-113hr803enr.pdf>