

Power2Achieve™ Competencies

Focus Area 1 Developing Positive and Productive Relationships					
Unit 1.1	Consider the Perspective of Others	Use communication and social skills to effectively interact with others	Use social-awareness and interpersonal skills to establish and maintain positive relationships	Exercise flexibility and willingness to make necessary compromises to accomplish a common goal	Recognize feelings and perspectives of others
Focus Area 2 Communicating and Collaborating with Efficiency and Effectiveness					
Unit 2.1	Assume Shared Responsibility for Collaborative Work and Value Contributions Made by Each Team Member	Collaborate with others	Use effective communication strategies in diverse contexts and settings	Understand, negotiate, and balance diverse views and beliefs to reach workable solutions	Work creatively with others
Focus Area 3 Managing Priorities and Reducing Stress					
Unit 3.1	Utilize Time and Manage Workload Effectively	Understand the principles of effective time management	Identify essential drivers and preventers	Use a systematic approach to time and task management	Monitor, define, prioritize and complete tasks without direct oversight
Unit 3.2	Use Productive Strategies for Reducing Stress and Anxiety	Identify and respond to stressors	Use productive strategies for reducing stress	View failure as an opportunity to learn	Know how and when to ask for help
Focus Area 4 Committing to High Standards and Continuous Improvement					
Unit 4.1	Develop the Habits for Excellence	Set internal standards for excellence	Go beyond basic mastery of skills to expand your learning	Commit to hard work and motivate yourself when things are not easy	Seek external support and incorporate feedback effectively
Unit 4.2	Utilize Effective Goal Achievement Strategies	Benchmark current state (baseline starting point) and desired state (end goal)	Balance tactical (short-term) and strategic (long-term) goals	Apply strategies to overcome obstacles to goal achievement	Develop the attitude and effort needed to continuously revise and improve

Focus Area 5 Demonstrating Emotional Intelligence, Integrity, and Responsibility					
Unit 5.1	Stand Up to Peer Pressure	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts	Demonstrate moral competence ("know-how")	Develop an active conscience	Develop an ethical code of conduct
Focus Area 6 Exhibiting Creativity and Innovation; Critical Thinking and Effective Problem Solving					
Unit 6.1	Solve Problems Efficiently and Effectively	Be open and responsive to new and diverse perspectives	Think creatively	Solve problems efficiently and effectively	Leverage individual and group differences to create new ideas and increase innovation and quality of work
Focus Area 7 Leading and Serving Others					
Unit 7.1	Demonstrate Personal and Collective Responsibility	Use your talents and skills to serve the good of the group/team	Use interpersonal and problem-solving skills to influence and guide others toward a goal	Hold self and others accountable	Act responsibly with the interests of the larger community in mind
Focus Area 8 Living a Balanced, Purposeful, and Healthy Life					
Unit 8.1	Identify and Pursue Broad Life Goals	Develop short- and long-term goals and aspirations	Identify and stand up for beliefs, ideas, and inspirations	Know your character strengths and weaknesses	Communicate your passion and perspective in a concise and memorable way