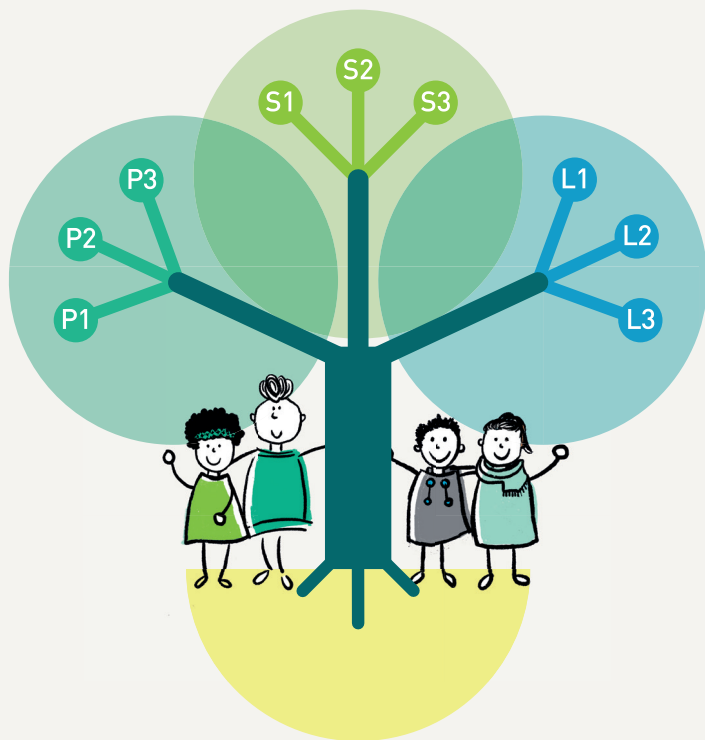




European Commission

LifeComp

A European competence framework for better lives in our uncertain world



P1 Self-regulation

Awareness and management of emotions, thoughts, and behaviour

P2 Flexibility

Ability to manage transitions and uncertainty, and to face challenges

P3 Wellbeing

Pursuit of life satisfaction, care of physical, mental and social health; and adoption of a sustainable lifestyle

S1 Empathy

The understanding of another person's emotions, experiences and values, and the provision of appropriate responses

S2 Communication

Use of relevant communication strategies,

domain-specific codes and tools, depending on the context and the content

S3 Collaboration

Engagement in group activity and teamwork acknowledging and respecting others

L1 Growth Mindset

Belief in one's and others' potential to continuously learn and progress

L2 Critical Thinking

Assessment of information and arguments to support reasoned conclusions and develop innovative solutions

L3 Managing Learning

The planning, organising, monitoring and reviewing of one's own learning

Why is it important...

→ for your students?



Socioemotional competences boost students' academic success and give them increased chances to get job satisfaction, financial stability, and better health and wellbeing.



Today's students are likely to work with tools that do not exist yet. Having a growth mindset, being a critical thinker and being able to manage one own learning is key to thriving in a rapidly changing world.



→ for you and your school?



Life competences will increase the resilience of students and educators tackling current and future disruptions (Covid-19, environmental and financial crisis...)



Cultivating LifeComp competences will help you innovate education through learner-centred pedagogies.



To live and work in times of rapid technological innovation (automation, artificial intelligence), LifeComp can help you enhance the human skills needed for the future.



Joint Research Centre