**Capability 5:**

**Personal and Social Capability**

The Personal and Social Capability is developed through learning to Personal and Social Capability is developed through learning to understand one’s self and others, and manage their relationships, lives, work and learning more effectively.

This involves recognising and regulating emotions, developing empathy for others and understanding relationships, establishing and building positive relationships, making responsible decisions, working effectively in teams, handling challenging situations

constructively and developing leadership skills.

**The Personal and Social Capability is organised into 4 elements:**

* **Self-Awareness**
* **Self-Management**
* **Social Awareness**
* **Social Management**

**Self-Awareness**

**This element involves:**

* **identifying and describing factors that influence emotional responses**
* **develop a realistic sense of personal abilities, qualities and strengths through knowing what you’re feeling in the moment**
* **assessing your own abilities**
* **having a strong sense of self-knowledge and self-confidence**
* **reflecting on and evaluating learning**
* **identifying personal characteristics that contribute to or limit effectiveness**
* **learning from successes or failures**
* **being able to interpret your emotional states, needs and perspectives**

**Self-Management**

**This element involves:**

* **regulating, managing and monitoring your emotional responses**
* **persisting in completing tasks**
* **persisting to overcome obstacles**
* **developing organisational skills**
* **identifying resources needed to achieve goals**

**This can be achieved by:**

* **developing skills to work independently**
* **showing initiative**
* **earning to be conscientious**
* **persevering when there are setbacks and frustrations**

**Social Awareness**

**This element involves:**

* **recognising other people’s feelings**
* **knowing how and when to assist others**
* **learning to show respect for, and understand, others’ perspectives, emotional states and needs**
* **learning to participate in positive, safe and respectful relationships**
* **defining and accepting individual and group roles and responsibilities**
* **gaining an understanding of the role of advocacy in society**
* **building capacity to analyse different aspects of how society is structured**
* **building capacity to analyse forms of discrimination, such as sexism and racism**

**Capability 5: Personal and Social Capability**

**Social Management**

**This element involves:**

* What did you do to overcome the hurdle and complete the task?
* **interacting effectively and respectfully with a range of adults and peers**
* **learning to negotiate and communicate**

**effectively with others**

* **working in teams**
* **contributing positively to groups and collaborative decision-making**
* **resolve conflict and reach positive outcomes**
* **develop the ability to initiate and manage successful personal relationships**
* **building leadership, mentoring and role modelling skills by participating in a range of social and commercial activities**

**Activity**



**Question 1: Self-Awareness**

* Identify a time when you achieved success.
* What was the success?
* Why was it important to you?
* How did achieving this success make you feel?

**Question 2: Self-Management**

* Think of a time when you needed to finish an assignment, a chore or a job, but you reached a hurdle that made it really difficult to finish the task.
* What was the task?
* What was the hurdle?

**Question 3: Social Awareness**

* Think of a time when you had a different opinion to another person.
* What was the situation?
* How did you react?
* How did the other person react?
* Could you have done anything differently? Explain.

**Question 4: Social Management**

* When working in a group or team are you generally a leader, a follower or a collaborator?
* Think of a time when you worked in a group

or team that achieved a goal.

* What did the team do that made it effective and successful?
* What was your role in making the team effective and successful?