

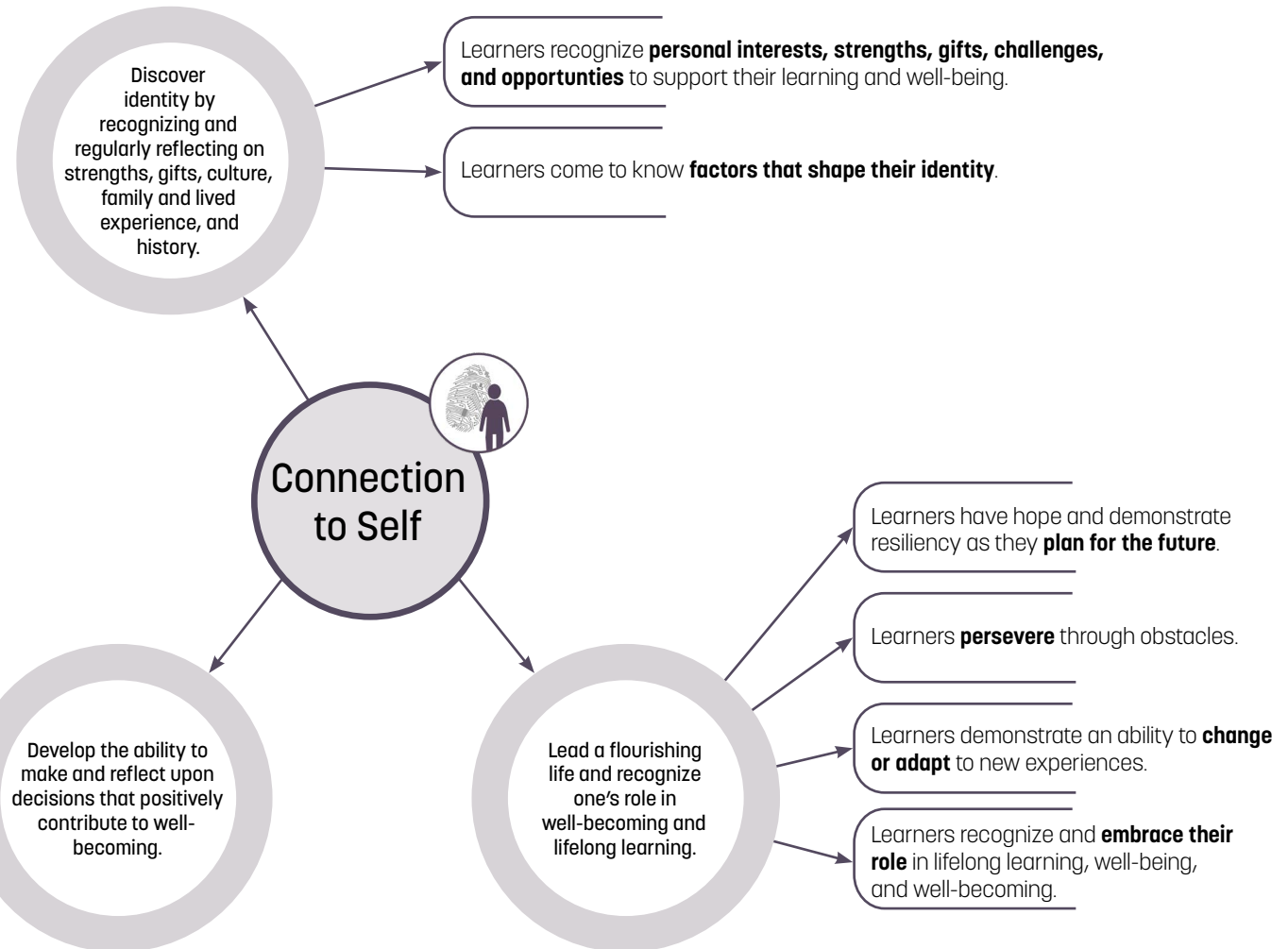


# Global Competencies: Dimensions of Connection to Self

**Connection to self** involves awareness of the related nature of emotional, intellectual, physical, social, cultural, and spiritual aspects of living and learning, and the responsibility for personal growth, well-being, and well-becoming.

The competency of connection to self facilitates the development of reflection, regulation, advocacy, and management, which empowers one to act with mindfulness and intention. Learners will come to know their gifts, strengths, culture, and history. They will build initiative, perseverance, and flexibility, and will manage failure and success as part of the learning process.

Connection to self is fundamental to knowing oneself, and one's relationship to others and the natural world, as well as to developing hope, resilience, self-respect, and confidence. It is recognizing one's own role in learning, happiness, and well-being.



Please note: These descriptors are not exhaustive.