

LIFECOMP CARDS COLLECTION



DESCRIPTION

The LifeComp Cards Collection is a tool developed by the Citizens Xelerator project aiming to support organisations and professionals working with adult learners in:

- The identification of their personal, social and learning competences;
- The development of activities fostering the validation and recognition of adults' personal, social and learning competences, acquired in formal, informal and non-formal settings.

The LifeComp Cards Collection was built based on the LifeComp Framework and is comprised of 9 cards, organised in 3 main areas: **Personal** - self-regulation, flexibility, well-being; **Social** - empathy, communication, collaboration; **Learning** - growth mindset, critical thinking, managing learning.

HOW DOES IT WORK?

A helpful resource for organisations and professionals working with adult learners. The cards are developed as a physical and digital resource.

Use the cards to build and strengthen your learners' key competences.

Each card is comprised of a short and understandable description of the competence; two or three questions for self-reflection and identification of adults' competences, two activities to strengthen the competences and real life examples on how to use each competence.

INSTRUCTIONS



1 SELECT THE COMPETENCE(S)

The LifeComp Cards Collection is comprised of nine cards, each one addressing one competence. You can either work the nine competences or a single competence depending on your learning objectives.

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2 READ THE DESCRIPTION

Each card includes a short and understandable description of the competence, comprised of key words. Make sure that the adult learners understand the competence description before proceeding to the next step.

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3 PRESENT THE QUESTIONS FOR SELF-REFLECTION

Read the questions for self-reflection that will help adult learners to decide if they have that competence.

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4 IMPLEMENT THE ACTIVITIES

To strengthen the competence(s), implement the activities presented on the cards. Each card presents activities that can be implemented in groups or individually. Each activity is accompanied by a guiding document with instructions.

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5 PRESENT THE EXAMPLES

At the end of the exercise present the real life examples where adult learners can use the competence(s), guiding them on how they can use the given competence in various aspects of their lives.