





















Chart of Key Competencies

This chart shows each competency mentioned in the report and whether research identifies the competency as critical to healthy youth development, college readiness, or workforce readiness. The order is the same as is mentioned in the report, and it does not imply level of importance. A scale of High, Medium, and Low has been used to identify the extent and strength of research for each competency. Blank spaces in this chart show that no research mentioning that competency was found, not that the competency is unnecessary. Page numbers indicate where the competency is discussed in the report.












Legend: Number of icons indicates the prominence of the competency in the research.

 Low (1 or 2 references)
  Medium (1 or 2 high-level reports + references)
  High (several high-level reports + references)

 = Healthy Youth Development
  = College Readiness
  = Workforce Readiness

HEALTHY YOUTH DEVELOPMENT		
PHYSICAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Healthy Habits		6
Avoiding Risk Behavior		6
Physical Safety		6
Kinesthetic Ability		7
PSYCHOLOGICAL DEVELOPMENT		
Positive Mental Health		8
Self-Esteem		8
Positive Identity		9
High Expectations Optimism, Planfulness		9
Resilience, Flexibility		9
Self-management Motivation, Autonomy Initiative		9
Decision Making, Good Judgments		9
SOCIAL DEVELOPMENT		
Character		11
Communication Skills		11
Oral Communication Skills		11


















COLLEGE READINESS		
PHYSICAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
PSYCHOLOGICAL DEVELOPMENT		
Self-Esteem		8
High Expectations High Achievement Motivation		9
Self-management Motivation, Persistence, Initiative, Time management		9
SOCIAL DEVELOPMENT		
Communication Skills		11
Oral Communication Skills		11




















WORKFORCE READINESS		
PHYSICAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Managing One's Health		6
Avoiding Risk Behavior		6
Workplace Safety		7
PSYCHOLOGICAL DEVELOPMENT		
Self-Esteem		8-9
High Expectations Optimism, Planfulness		9
Resilience, Flexibility		9
Self-management Motivation, Autonomy, Initiative, Responsibility, Time Management		9-10
Decision Making, Good Work Ethic		10
SOCIAL DEVELOPMENT		
Integrity		11
Communication Skills		11
Oral Communication Skills		11

HEALTHY YOUTH DEVELOPMENT		
SOCIAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Using Communication Tools Effectively		11
Social Competence		11
Conflict Resolution		11
Cross-Cultural Competency		12
Ability to Adapt to Different Situations		12
Acting Appropriately in Larger Context		12
Social Support		12
Prosocial Behaviors		12
COGNITIVE DEVELOPMENT		
Academic Achievement		13

COLLEGE READINESS		
SOCIAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Effective Written Communication		11
Using Communication Tools Effectively		11
Social Competence		11
Conflict Resolution		11
Cross-Cultural Competency		12
Acting Appropriately in Larger Context		12
Social Support		12
Engagement in School		12
COGNITIVE DEVELOPMENT		
Academic Achievement		13
Rigorous Coursework		13-14
High-level Math Courses including Algebra II and especially Calculus		14
Advanced Science Courses		14
4 Years of High School English		14

WORKFORCE READINESS		
SOCIAL DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Quantitative Communication Skills		11
Persuasiveness, Appropriately Contributing to Group		11
Ability to Assist, Teach Others		11
Listening Skills		11
Effective Written Communication		11
Using Communication Tools Effectively		11
Social Competence		11
Conflict Resolution, Cooperation		11
Cross-Cultural Competency		12
Understand US Norms, Democracy, and Race Discrimination		15
Ability to Adapt to Different Situations		12
Acting Appropriately in Larger Context		12
Engagement in Work		12
Prosocial Behaviors		12
COGNITIVE DEVELOPMENT		
Achievement on Employer Exams		13
Rigorous Coursework		14
4 Years High School Math including Algebra II, Geometry, Statistics		14
Advanced Science Courses		14
4 Years of High School English		14

HEALTHY YOUTH DEVELOPMENT		
COGNITIVE DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Educational Attainment		14
Lifelong Learning Skills	 	14
Use Knowledge, Information and Technology Interactively	 	14-15
Creativity		14
Critical Thinking	 	15
Problem-solving Skills	 	15
SPIRITUAL DEVELOPMENT		
Spirituality	 	16
Sense of Purpose	 	16
Religiosity	  	16

COLLEGE READINESS		
COGNITIVE DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Understand Research	 	14
Language, Grammar Skills	 	14
Attaining a High School Diploma	  	14
Lifelong Learning Skills, Inquisitiveness		14
Use Knowledge, Information and Technology Interactively	 	14
Analysis, Evaluative and Critical Thinking	  	15
Problem-solving Skills	 	15
Reasoning, Argumentation	 	15
Foreign Language Skills		15
SPIRITUAL DEVELOPMENT		
Spiritual Development		16

WORKFORCE READINESS		
COGNITIVE DEVELOPMENT		
COMPETENCY	PROMINENCE IN RESEARCH	PG
Understand Research and Technical Material	  	11, 14
Language, Grammar Skills		14
Attaining a High School Diploma or Other Credential	 	14
Previous Work Experience, Tenure in Workforce	  	14
Quality of Past Employment		14
Career Planning and Job Search Skills	  	14
Lifelong Learning Skills	 	14
Use Knowledge, Information and Technology Interactively	  	14-15
Creativity, Entrepreneurship	  	14
Analysis, Evaluative and Critical Thinking	  	15
Problem-solving Skills	  	15
Reasoning, Argumentation	  	15
Foreign Language Skills		15
SPIRITUAL DEVELOPMENT		