Mastery

Turn interests into skills through inquiry and action.

1 SELF-INTERESTS

Choose a skill connected to your interests and goals. Identify what you already do well.



2 DEFINITION & EXAMPLES

Define the skill and examine examples. Identify what competent performance looks like.



3 POTENTIAL & POSSIBILITIES

Investigate how this skill could expand your opportunities and support others.



4 STRATEGIES & PRACTICES

Research effective approaches. Practice, seek feedback, and improve your methods.



5 RESOURCES

Identify people, tools, and learning resources that can support your growth.



6 ACTIONS

Apply the skill in a meaningful project. Review evidence of progress and plan further learning.



Questions • References • Exploration • Expression • Review • Reflection

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