



Key Capabilities Continua

Frequently Asked Questions

What is the Key Capabilities Continua?

It is a resource which will help you to reflect on, plan for and evidence your growth in the seven capabilities.

How can I use the Continua?

You can use the Continua to reflect on learning experiences in the classroom. For example:

- when you are in the classroom you can reflect on how you **“engage authentically with others”** (*Self aware, collaborative and socially adept*) and/or **“seek solutions and put ideas into action”** (*Knowledgeable, inquisitive and innovative*).

Can I reflect on and evidence experiences I have outside of classroom learning and school experiences?

Yes, the Continua can be used to reflect on, plan for and evidence your capabilities in all aspects of your life. Some examples could be:

- Camp, liturgy, friendships
- Faith experiences and experiences of service (volunteering, attending Mass etc)
- Club experiences such as sporting, musical, dramatic etc.

How is each Continuum structured?

1. At the top of each poster is the name of the capability.
2. Under this are two or three headings. These are called **organising elements**. Together they make up the capability.
3. The left-hand side column contains bold writing. These are called **sub-elements**. These make up the organising element.
4. To the right of the sub-elements are five phases. These **phases** represent how you develop the capability more deeply as you learn, experience and grow. You will notice that the colour in the headings gets darker to represent growth in that capability.
5. Each phrase contains black text. These are called **indicators**. They express growth in the sub-element.
6. Under some indicators there is purple writing. These are called **elaborations**. They can help you understand the indicators better. Not all elaborations have indicators but, with your help, more will be added.

How can I start to become familiar with the Continua?

1. Choose a capability you would like to reflect on.
2. Read through the sub-elements.
3. Choose a sub-element. Read it and then read across the phases to see where you see yourself as a person, learner and/or leader.
4. Then look to see how you could grow in this capability.



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What do the phases mean to me?

Everyone learns and grows at different rates and there is no set place you should be along the Continua. Just because you are at a certain age or year level, does not mean you are meant to be in a set phase. You might even find that you are at different phases for different capabilities depending on your experiences.

What is evidence?

Evidence is something that you can collect to show how you are developing your key capabilities. For example, you may have been developing your ability to **'problem solve'** or **'communicate effectively'** (*Literate, numerate and effective communicators*) and you have a piece of evidence which can demonstrate this, such as:

- *Photo or audio file*
- *Your own work i.e. written, drawing, reflection*
- *A comment from an adult or peer*

It is important that your evidence can be confirmed by a trusted adult and/or peer to ensure that it is valid and useful.

Can I use one piece of evidence for different capabilities and sub-elements?

Yes, you can reflect on an experience, learning or achievement and this could be used as evidence across more than one capability. For example, when using ICT you may evidence how you are...

- **considering the social impact of my ICT use** (*Confident and careful creators and users of ICT*)
- **contributing with others to a more just and loving world** (*Spiritually aware and inspired by faith*)
- **promoting the common good** (*Intercultural and globally minded*)

How can adults and peers support me?

Both adults and peers can support you by helping you think about your capabilities, suggesting ways you could grow in your capabilities and helping you think about times they have seen you use your capabilities.

Where can I find the Key Capabilities Continua?

The Continua can be located at cesa.catholic.edu.au/key-capabilities

How do I access resources to support me?

The website listed above will have resources to support you in using and learning about the Key Capabilities Continua.

Will the resource always look like this?

The resource will move to an online space where you will be able to upload evidence. You will be informed when this online space is available.