Communicating meaningfully with others

**Competence**

The term competence refers to a system of values, attitudes and skills, and knowledge that can be applied in practice to manage various complex situations and tasks successfully. Confidence, motivation and willingness are important prerequisites for someone wishing to apply existing competences.

**Criteria**

These are the principles or standards according to which the effectiveness and potential success of the competences in question may be assessed. Each criterion is described related to knowledge, skills and attitudes.

**Indicators**

Sheer obvious elements that demonstrate that the criteria have been met. They describe actions and reactions expressed in terms of:

- ways of thinking and approaching (applying knowledge)
- ways of doing (expressing skills)
- ways of expressing emotions or attitudes