



Emotional competence :	The ability to recognize, identify, and describe one's feelings; coping with emotional and stress
Social competence :	Effective communication skill, listening skill, assertiveness, cooperation, conflict resolution skills, social awareness, empathy
Cognitive competence :	Creative thinking, critical thinking , abstract thinking
Motivational competence :	To drive oneself to engage in activities to develop or demonstrate the specific skills
Self competence :	Self-esteem, self-determination, the ability to motivate oneself and the ability to cope with failure