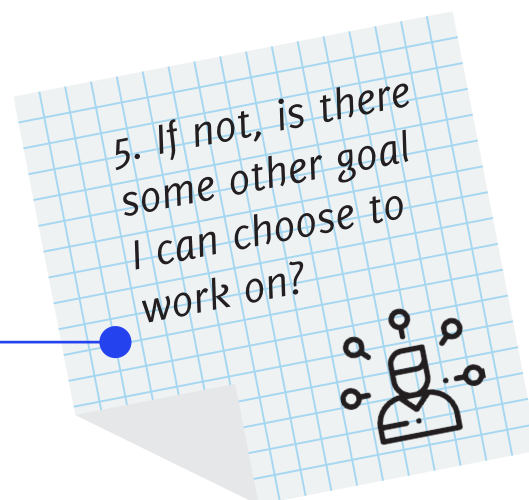
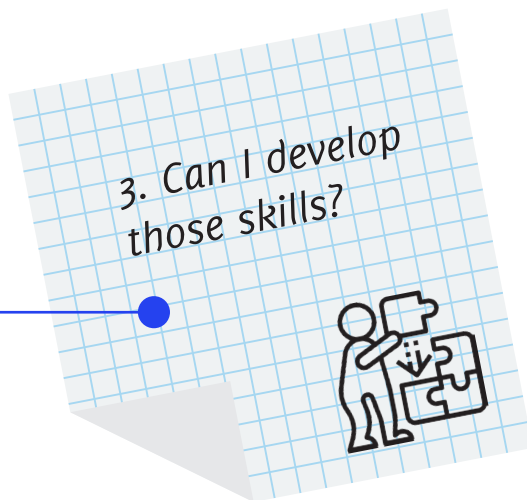
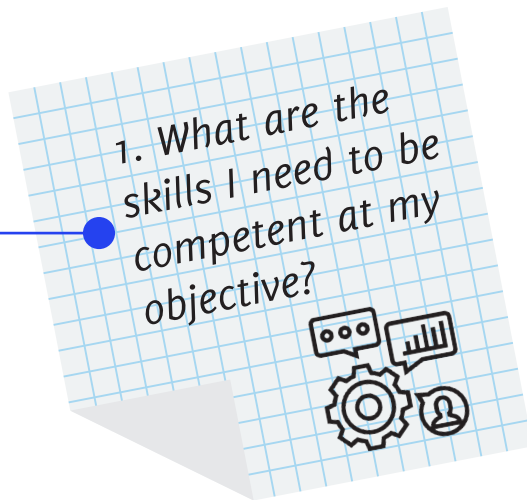


WHAT IS COMPETENCE?

A specific range of skills, knowledge or ability to do something successfully and being adequately or well qualified to meet the demands or requirements.



Questions to ask yourself about competence?



POWER SURGE CHALLENGE

CHOOSE SOMETHING THAT YOU THINK YOU WOULD LIKE TO BECOME COMPETENT AT. ASK YOURSELF THESE FIVE QUESTIONS ABOUT YOUR GOAL AND THEN MAKE A PLAN!

****Remember****

COMPETENCE = ABILITY + KNOWLEDGE + SKILL



The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 & 204 parents. Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

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