

GLOSSARY ON SOCIAL COMPETENCE

Word / concept	Definition
Social Competence	Social competence refers to the ability to engage in meaningful interactions with others . It is usually divided into four main areas that consists of social, emotional, cognitive and behavioral skills needed for successful social adaptation. Social competence also reflects having an ability to take another's perspective concerning a situation, learn from past experiences, and apply that learning to the changes in social interactions.
Collaboration	Working together towards a common goal.
Communication	The imparting or exchanging of information by speaking, writing, or using some other medium.
Critical thinking	Someone with critical thinking skills can: <ul style="list-style-type: none">• Understand the links between ideas.• Determine the importance and relevance of arguments and ideas.• Recognise, build and appraise arguments.• Identify inconsistencies and errors in reasoning. (Not making sense)• Approach problems in a consistent and systematic way.
Empathy	The ability to understand and share the feelings of another.
Social skills	Social skills are the skills we use every day to interact and communicate with others . They include verbal and non-verbal communication, such as speech, gesture, facial expression and body language. Examples of these skills are: <ul style="list-style-type: none">• Sharing.• Cooperating.• Listening.• Following Directions.• Respecting Personal Space.• Making Eye Contact.• Using Manners.

	Other Social skills that are considered important are responsibility, collaboration, problem –solving, reliability, communication, creative thinking, critical thinking, decision making, empathy and self – control.
Reliable	Trustworthy. Can be trusted to do what is promised or necessary, even if it means hard work.
Restitution	The word means compensation for injury or loss, to give back something that has been lost or stolen. The ideology of Real Restitution (Diane Gossen) is built on the idea of responsibility and accountability. It builds strategies to encourage children to take responsibility for their actions and become self - diciplined. It builds and strengthens critical thinking, creativity, collaboration and communication.
Basic need	Something that you cannot live or function without. Here it does not only mean food and shelter but also includes what you need to lead a happy and fulfilling life.
Need of Power	The need to feel important and that you matter to others. It also includes the feeling of having control over the situation, of being good at something and achieving something. Pride.
Need of love	The need to belong to a group, feeling loved, appreciated and accepted, need for collaboration, friendship and “togetherness”.
Need of freedom	The need to have a choice of what to do and how to do it. The need for

	movement and independence. Creative.
Need of fun	The need to enjoy and have fun, to laugh. Need to find excitement and to play. Need for variation.
Quality world	Restitution describes the quality world as a "personal picture album" of all the people, things, ideas, and ideals that we have discovered increase the quality of our lives. Your Quality World is made out of pictures of people that you most want to be with, of things that you most want to have and of pictures of values or your belief system. Your Quality World motivates your behaviour, it is what you live for.