



Competence Outcomes



Learning

Cognitive / learning outcomes

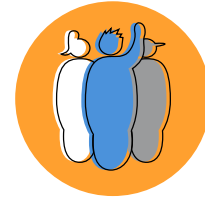
- When young people are hopeful about their competence, they are more likely to perform better in school.
- Self-perceived competence is associated with academic achievement and performance.
- Young people who are more socially competent are more likely to do well in school and continue to higher learning.



Feeling

Psychological / emotional outcomes

- Youth with higher cognitive and behavioural competence are less distressed, have greater psychological well-being, and report decreased substance use.
- Youth who feel hopeful and are more emotionally competent are more likely to have positive emotions and life satisfaction.
- Young people with higher social and physical competence have higher self-esteem.
- Emotional competence is associated with greater adaptability and coping, and reduced depressive thoughts, anxiety, and mental disorders.



Behaving

Behavioural / social outcomes

- Young people who have higher social competence tend to have lower rates of antisocial behaviour, delinquency, and drug use.
- Higher cognitive and behavioural/social competence is associated with waiting to be sexually active and increased use of contraceptives.
- Physical competence is associated with sport participation.
- Youth who are more culturally competent tend to value diversity, have better physical health, delay gratification, and take leadership.

[Back](#)[Next](#)

Resources

[Summary table of outcomes associated with competence \[PDF\]](#)[Competence chapter in Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds \[PDF\]](#)