

<Competency>

	Competency	Definition	Level 1	Level 2	Level 3
1	Self-discipline	To view oneself objectively and regulate oneself rigorously while striving for self-improvement.	Can think about living habits and time use and behave in an organized manner in relation to assigned objectives.	Sets one's own objectives, makes plans for achieving them, gives thought to living habits and time use, and conducts oneself purposefully.	Sets one's own objectives and resolutely carries out plans for their achievement, leading to some kind of result or output.
2	Independence	To take the initiative to tackle things with a sense of involvement, and deliver the expected outcomes.	Can behave in accordance with directions in relation to assigned objectives.	Has a desire to achieve the goals one has set and can select and implement methods to do so.	Can reflect on and evaluate one's own conduct and make connections with what to do next. Can also help to enhance the independence of others.
3	Communication	To advance discussion by effectively imparting one's own thoughts and ideas while accurately comprehending the intentions of other parties to the discussion.	Can express one's thoughts and opinions within a group.	Can not only express oneself but also listen and sincerely take note of the opinions of others within a group.	Can convey one's own opinions clearly, fully understand the opinions of others, and achieve smooth communication.
4	Language Proficiency	To communicate utilizing a language other than one's basis language of enrollment.	Can make oneself understood in a language other than one's basis language.	Habitually endeavors to use a language other than one's basis language, and utilizes the AP House environment in ways such as enlisting other students' assistance to improve one's language proficiency.	Habitually endeavors to use a language other than one's basis language, sets one's own objectives for improving language proficiency, and is utilizing the AP House environment to achieve solid progress.

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5	Empathy	To have interest, understanding, and acceptance of the emotional state and cultural background of those one encounters.	Has an interest in the state of mind and circumstances of others and appreciate how they feel.	Can appreciate the state of mind and circumstances of others, and place oneself in the position of others when taking action.	Engages with others with an open mind and builds relationships of trust, taking into account the feelings of others and changes therein.
6	Appreciation for Diversity	To understand and affirm things that differ from one's own value system. Find and utilize the value of difference.	Understands that cultures and value systems may differ, but sticks to one's own thoughts and values in some ways.	Can adjust one's own perspective and seek points of commonality with others, based on an understanding that cultures and value systems may differ.	Accepts diversity within a group as something natural and positive, and works to generate new values based on mutual respect.
7	Flexibility	To adapt and adjust to changes in conditions and surrounds without holding inflexible views or stereotypes.	Tries to understand and not deny the ideas and views of others.	Accepts and does not deny the ideas and views of others, and can modify one's own ideas and conduct in accordance with the circumstances.	Can pro-actively incorporate others' views and ideas, summarize opinions within a group, and pursue appropriate solutions in line with changing conditions.
8	Teamwork	To cooperate and collaborate, reach out to one's colleagues and endeavor to raise group performance in order to achieve goals and objectives.	Can demonstrate a cooperative attitude, engaging those around one in ways such as soliciting the opinions of others in a group.	Can pro-actively state one's own opinions. Appreciates one's own role within a group based on assigned objectives.	Can state opinions on the objectives of one's group in line with surrounding conditions, and work within a team toward the achievement of those objectives.

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9	Civic Sense	To be grateful for the support of society, and conduct oneself as a responsible member of the local community and wider society.	Has gained an understanding through communal learning and practice of the matters prohibited under Japanese law and the rules and protocols of community life.	Leads one's life with an understanding that compliance with laws and the rules and protocols of community life contributes to the safety and livability of society as a whole and the maintenance of public health.	Works pro-actively to enhance the quality of communal living and maintain public health through conduct such as cautioning acquaintances acting contrary to laws or the rules and protocols of community life.
10	Wellness	To have knowledge of health management and infectious disease prevention, lead a well-regulated life, and work to maintain and enhance one's physical and mental health.	Has an interest in one's own physical and mental state, and basic knowledge of health management and infectious disease prevention.	Takes some action for the maintenance of mental and physical health and the prevention of disease. Understands one's own physical and mental state, and can take concrete action in regard to it.	Sets objectives in regard to the management of one's own health, and takes concrete action to achieve them. Habitually takes disease prevention measures such as washing hands, and leads a healthy and well-regulated life.