

Handouts – Capability in Action: Evidence, Strategy, Next Step

These handouts are part of the method package.

Personal examples, confidence ratings and stretch goals belong to the student unless they choose to share them.

The facilitator may collect only anonymous group-level implementation information.

Handout 1 – My Mastery Evidence Cards

Choose two examples.

They do not need to be impressive or academic.

Look for something that became possible through action, practice, support, adjustment or persistence.

Mastery example 1	What did I learn, manage, complete, repair or improve?
Starting point	What was difficult, unfamiliar or not yet possible at the beginning?
Evidence	What observable change shows that progress happened?
Actions / strategies	What did I actually do that helped?
Support / tools	Who or what helped? Include feedback, examples, accommodations or technology.
Transfer	This example shows that I can... [use an action verb: practise, plan, ask, organise, adjust, persist, communicate, create, recover...]

Mastery example 2	What did I learn, manage, complete, repair or improve?
Starting point	What was difficult, unfamiliar or not yet possible at the beginning?
Evidence	What observable change shows that progress happened?
Actions / strategies	What did I actually do that helped?

Support / tools	Who or what helped? Include feedback, examples, accommodations or technology.
Transfer	This example shows that I can... [use an action verb: practise, plan, ask, organise, adjust, persist, communicate, create, recover...]