



# REFLECTION

## Life Timeline – Resulting Learning, Skills and Abilities

Timeline	16 to 25 years	26 to 35 years	36 to 45 years	46 to 55 years	56 to 65 years
<b>Major Life Experiences</b> (selected from Life Timeline)					
<b>Knowledge</b> – information, facts, rules, laws, standards, theories and concepts					
<b>Skills</b> – performance or demonstration of an action					
<b>Abilities</b> – application of both knowledge and skill to perform and adapt performance					
<b>Competency</b> – in each of these areas, the level at which the skill can be demonstrated to meet a required standard					