

COSCA Certificate in Counselling Skills: Module 1

Four Stages of Learning



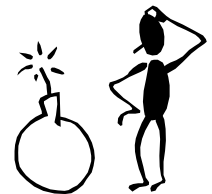
UNCONSCIOUS INCOMPETENCE

You don't know something, but you don't realise your lack of skills or understanding. Blissful ignorance!

CONSCIOUS INCOMPETENCE

You are now aware that you are incompetent at something.

A range of feelings from anxiety to excitement. You may judge yourself and feel like giving up.



CONSCIOUS COMPETENCE

You develop a skill, but have to think about it. Can feel artificial.

UNCONSCIOUS COMPETENCE

You've had so much practice that the skill now comes naturally, without thinking about it.

