

AUSTRALIAN AIR FORCE CADETS

PERSONAL DEVELOPMENT

A framework to assist in preparing young people for community life through fostering healthy exploration of physical, cognitive and development.



COMPETENCE

The ability to complete a task or goal



CONFIDENCE

An internal sense of overall positive self-worth, self-efficacy and self-regard



CONNECTION

Positive bonds with people and institutions



CHARACTER

A sense of morality and respect for societal and cultural rules.



COMPASSION

A sense of sympathy and empathy for others



CONTRIBUTION

Acting in a way that benefits others



THE SIX C FRAMEWORK

The Six C framework focuses on the positive characteristics that enable adolescents to lead productive and healthy lives and contribute to the world in ways that benefit themselves, their families, communities and society. These positive characteristics and the principles of positive youth development underpin the AAFC program. Designed to empower young people, the program and cadet experience is supported by senior cadets and adults to provide opportunities for personal development and growth.



AUSTRALIAN AIR FORCE CADETS LEADERSHIP & FOLLOWERSHIP QUALITIES

A framework for enabling the acquisition of leadership and followership qualities through practicing the self-reflection, behaviours and thoughts inherent in all aspects of leadership. Cadets will participate in activities that allow them to examine aspects of leadership. Through direct experience and reflection, cadets will build their own leadership qualities.

SOCIAL AND EMOTIONAL INTELLIGENCE

SELF-AWARENESS	Understanding one's behaviour, emotions, mood and unhelpful thoughts
SELF-CONTROL	Managing one's behaviour, emotions, mood and unhelpful thoughts
PERSISTENCE	Relentless pursuit of a course of action, often in spite of difficulties or challenges
EMPATHY	Understanding and working with other people's behaviour, emotions, needs and concerns

SHAPING AND SUPPORTING

ROLE MODELLING	Setting an example of appropriate behaviour and actions for others to follow
PURPOSE	Ability to articulate and/or embrace a vision or desired end state
COMMUNICATION	Gaining and effectively share insight or information in a meaningful way
INFLUENCING	Impacting other people's behaviour, attitudes and decisions

COLLABORATION

TEAMWORK	Working cooperatively with others to achieve group objectives
CRITICAL THINKING	Acquiring information and being able to analyse and evaluate the content to form a judgement
PROBLEM-SOLVING	Finding new solutions to difficulties or challenges
CONFLICT RESOLUTION	Working towards productive resolution of a dispute

RESPONSIBILITY AND ACCOUNTABILITY

PLANNING & COORDINATION	Preparing for and organising tasks, whilst liaising with others to effectively reach the goal
DECISION-MAKING	Assessing a situation to determine the best or next course of action
OWNERSHIP	Taking the initiative to bring positive results and assuming accountability
INTEGRITY	Acting in accordance with one's word, being honest and owning one's mistakes