

## **Four Stages of Competence**

~Four stages of learning~

### ***UNCONSCIOUS INCOMPETENCE***

A process or technique is unfamiliar, you don't understand it, nor know how to do it or how to use it, you may have never seen it before.

–this stage is: **you don't know how much you don't know**. Once you recognize your incompetence, you may then move to the next stage.

### ***CONSCIOUS INCOMPETENCE***

You now have some experience with the process or technique, you may have seen it, taken a class on it, you recognize your incompetence and begin to learn from it.

–this stage is: **you now know how much you do not know**.

### ***CONSCIOUS COMPETENCE***

You now understand and know how to do something. You must concentrate to succeed at this skill.

–this stage is: **you know what you know if you focus on it**.

### ***UNCONSCIOUS COMPETENCE***

The process or procedure has become 'second nature' to you or is part of you on an unconscious level. It is easy to accomplish now.

–this stage is: **you know what you know, and you don't have to think about it**.