CORRELATION SHEET – CAMBRIDGE (CAIE)

Future Frame – Discover · Plan · Achieve

1. Alignment With Cambridge Learner Attributes

Cambridge Attribute	How Future Frame Supports It
Confident	Builds self-belief through strengths discovery, emotional awareness, achievement logs, and personal goal-setting.
Responsible	Habit tracking, accountability pages, behaviour review, daily and weekly planning.
Reflective	Weekly and monthly reflections, learning summaries, emotional check-ins, year-end review.
Innovative	Vision boards, creative planning, future-thinking tasks, problem-solving reflections.
Engaged	Structured planning tools, consistency logs, focus activities that increase engagement in learning.

2. Alignment With Cambridge Wellbeing Framework

Wellbeing Dimension	Future Frame Coverage
Emotional Wellbeing	Emotional check-ins, stress reflection, resilience-building prompts.
Social Wellbeing	Gratitude exercises, relationship reflections, empathy development.
Cognitive Wellbeing	Study planning, time management, focus-building habits.
Physical Wellbeing	Daily routines that can include sleep/health habits and overall wellness planning.
Spiritual Wellbeing	Purpose-setting, values exploration, vision-setting activities.

3. Alignment With Cambridge Global Perspectives Skills

Global Skill Area	Future Frame Alignment
Research & Inquiry	Reflective journaling, observational thinking, self-analysis tasks.
Critical Thinking	Review pages, cause–effect thinking, analysis of personal choices & outcomes.
Communication	Expression-based tasks, journaling, goal articulation, reflective writing.
Collaboration	Empathy exercises, interpersonal reflections, social behaviour awareness.
Self-Management	Time planning, routine building, habits, consistency, academic planning.

4. Alignment With 21st-Century Competencies (Cambridge Supporting Skills)

Competency	Future Frame Link
Self-Regulation	Planners, trackers, self-discipline pages.
Metacognition	Weekly/monthly analysis and reflection.
Problem-Solving	Learning from success/failure, behaviour mapping.
Creativity	Vision boards, future-planning tasks.
Resilience	Growth mindset and emotional intelligence prompts.