# My Self-Reflection of
# CORE COMPETENCIES

Name:

Grade:



## COLLABORATING

### Working Collectively

- I can work with others to achieve a goal.
- I contribute. I take on various roles and responsibilities in a group.
- I am mindful of others. I negotiate respectfully and share resources, time, and space.

### Supporting Group Interactions

- I am an active listener and speaker. I express my ideas.
- I know strategies that help make group work successful. I contribute, take turns, and encourage others to participate.
- I identify ways we agree, see diverse points of view, and resolve conflict.

### Determine Common Purposes

- I can plan with others. We try to agree on a plan.
- I recognize how my contributions can complement the work of others.
- I can evaluate how well our group worked together to achieve our goal. I can share in the recognition of our achievements.

## COMMUNICATING

### Connecting and Engaging with Others

- I ask and respond to questions.
- I am an active listener. I support and encourage the person speaking.
- I recognize that there are different points-of-view, and I can disagree respectfully.

### Focusing on Intent and Purpose

- I can communicate for a purpose.
- I can communicate in different ways and for different purposes.
- I intentionally use communication strategies and formats for impact and to reach my audience.

### Acquiring and Presenting Information

- I can understand and share information about a topic that is important to me.
- I present information clearly and in an organized way.
- I can present information and ideas to an audience I may not know.

# CREATIVE THINKING

## Creating and Innovating

- I get ideas when I play. My ideas are fun for me and make me happy.
- I can get new ideas or build on other people's ideas to create new things within the constraints of a form, a problem or materials.
- I generate new ideas as I pursue my interests.
- I share ideas that are new to my peers.
- I can develop a body of creative work over time in an area of interest or passion.

## Generating and Incubating

- I get ideas when I use my senses to explore.
- I build on others' ideas and add new ideas of my own. I combine other people's ideas in new ways to create new things or solve straightforward problems.
- I deliberately learn a lot about something (by doing research, talking to others or practising), so that I am able to generate new ideas.
- I have specific strategies for quieting my conscious mind (walking away, doing something relaxing, being deliberately playful), so that I can be more creative.
- I have interests and passions that I pursue over time.

## Evaluating and Developing

- I make my ideas work or I change what I am doing.
- I can usually make my ideas work within the constraints of a given form, problem, and materials if I keep playing with them.
- I build the skills I need to make my ideas work and usually succeed, even if it takes a few tries.
- I use my experiences, with various steps and attempts, to direct my future work.
- I can persevere, over years if necessary, to develop my ideas. I expect ambiguity, failure, and setbacks and use them to advance my thinking.

# CRITICAL AND REFLECTIVE THINKING

## Analyzing and Critiquing

- I can show if I like something or not.
- I can identify criteria that I can use to analyze evidence.
- I can analyze evidence from different perspectives.
- I reflect on and evaluate my thinking, products, and actions.
- I analyze my own assumptions and beliefs and consider views that do not fit with them.

## Questioning and Investigating

- I can explore materials and actions.
- I can ask open-ended questions and gather information.
- I consider more than one way to proceed in an investigation.
- I can evaluate the credibility of sources of information.
- I can tell the difference between facts, interpretations, opinions, and judgements.

## Designing and Developing

- I can experiment with different ways of doing things.
- I can develop criteria for evaluating design options.
- I monitor my progress and adjust my actions to make sure I achieve what I want.
- I make choices that will help me create my intended impact on an audience or situation.

## Reflecting and Assessing

- I can reflect on my thinking skills.
- I can reflect on my learning and know ways to improve.
- I can give, receive, and act on feedback.
- I know when I have met my goals and can set new ones.

## PERSONAL AWARENESS AND RESPONSIBILITY

### Self-advocating

- I can show a sense of accomplishment and joy.
- I can celebrate my efforts and accomplishments.
- I advocate for myself and my ideas.
- I can imagine and work toward change in myself and the world.
- I take the initiative and inform myself about controversial issues.

### Self-regulating

- I can sometimes recognize emotions.
- I can use strategies that help me manage my feelings and emotions.
- I persevere with challenging tasks.
- I can implement, monitor, and adjust a plan and assess the results.
- I can take ownership of my goals, learning, and behaviour.

### Well-being

- I can participate in activities that support my well-being and tell how they help me.
- I can take some responsibility for my physical and emotional well-being.
- I make choices that benefit my well-being and keep me safe in my community, including my online interactions.
- I use strategies to find peace in stressful times.
- I sustain a healthy and balanced lifestyle.

## POSITIVE PERSONAL AND CULTURAL IDENTITY

### Understanding Relationships and Cultural Contexts

- I can describe my family and community.
- I can identify the different groups that I belong to.
- I understand that my identity is made up of many interconnected aspects (such as life experiences, family, history, heritage, peer groups).
- I understand that learning is continuous and my concept of self and identity will evolve.

### Recognizing Personal Values and Choices

- I can tell what is important to me.
- I can explain what my values are and how they affect choices I make.
- I can tell how some important aspects of my life have influenced my values.
- I understand how my values shape my choices.

### Identifying Personal Strengths and Abilities

- I can identify my individual characteristics.
- I can describe / express my attributes, characteristics, and skills.
- I can reflect on my strengths and identify my potential as a leader in my community.
- I believe I can develop new abilities and strengths to help me meet new challenges.

# SOCIAL AWARENESS AND RESPONSIBILITY

## Building Relationships

- With some support, I can be part of a group.
- I am kind to others, can work or play cooperatively, and can build relationships with people of my choosing.
- I can identify when others need support and provide it.
- I am aware of how others may feel and take steps to help them feel included.
- I build and sustain positive relationships with diverse people, including people from different generations.

## Contributing to Community and Caring for the Environment

- With some support, I can be part of a group.
- I can participate in group activities to improve the classroom, school, community, or natural world.
- I contribute to group activities that make the classroom, school, community, or natural world a better place.
- I can identify how my actions and the actions of others affect my community and the natural environment. I work to make positive change.
- I analyze complex social or environmental issues from multiple perspectives. I take thoughtful actions to influence positive, sustainable change.

## Resolving Problems

- I solve some problems and know when to ask for help.
- I identify problems and compare ways to solve them.
- I clarify problems, consider alternatives, and evaluate problem-solving strategies.
- I weigh consequences when considering problems, compromise to meet others' needs, and evaluate actions.

## Valuing Diversity

- I can demonstrate respectful and inclusive behaviour.
- I can explain when something is unfair.
- I advocate for others.
- I take action to support diversity and defend human rights. I can identify how diversity is beneficial for my community, including my online community.

# ENGLISH

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

- Communicating
- Collaborating
- Creative Thinking
- Critical & Reflective Thinking
- Personal Awareness and Responsibility
- Positive Personal and Cultural Identity
- Social Awareness and Responsibility

# SOCIAL STUDIES

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

Communicating
Collaborating
Creative Thinking
Critical & Reflective Thinking
Personal Awareness and Responsibility
Positive Personal and Cultural Identity
Social Awareness and Responsibility

# SCIENCE

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

Communicating
Collaborating
Creative Thinking
Critical & Reflective Thinking
Personal Awareness and Responsibility
Positive Personal and Cultural Identity
Social Awareness and Responsibility

# MATH

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

- Communicating
- Collaborating
- Creative Thinking
- Critical & Reflective Thinking
- Personal Awareness and Responsibility
- Positive Personal and Cultural Identity
- Social Awareness and Responsibility

# PHYSICAL HEALTH EDUCATION

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

- Communicating
- Collaborating
- Creative Thinking
- Critical & Reflective Thinking
- Personal Awareness and Responsibility
- Positive Personal and Cultural Identity
- Social Awareness and Responsibility

# ADST/ ARTS: _____ (choose a subject you have in your schedule)

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

- Collaborating
- Creative Thinking
- Critical & Reflective Thinking
- Personal Awareness and Responsibility
- Positive Personal and Cultural Identity
- Social Awareness and Responsibility

# CAREERS

| **Evidence** | **Reflection** |
| --- | --- |
| What is this evidence? | I chose this because…<br><br>I would change / improve…<br><br>_____ worked well because…<br><br>My next steps are…<br><br>I chose these core competencies because… |

**Core Competencies**

Collaborating
Creative Thinking
Critical & Reflective Thinking
Personal Awareness and Responsibility
Positive Personal and Cultural Identity
Social Awareness and Responsibility