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|  Self-Assessment of Core Competencies |

Core competencies are sets of intellectual, personal, and social and emotional proficiencies that all students need to develop in order to engage in deep learning and life-long learning.Throughout the year, the learning tasks in which you have been engaged in have three proficiencies embedded in them:

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|  ***Communication* (C)** |  ***Personal and Social* (PS)** |  ***Thinking* (T)** |

**Check off the statements under Examples as many times as you have done them this month**. *You are welcome to use the empty spaces underneath to include details/activities relating to the examples.*                                                                                                         Examples

|  |  |
| --- | --- |
| **1. *Communication*** | * I can ask and respond to questions to be an active, supportive listener.
* I can understand and share information about a topic of interest in a clear,

 organized way.* I can represent my learning and tell how it connects to my experiences.
* I can think about what I am going to convey and to whom I will convey it.
* I can inquire into and present on topics of interest and topics related to my studies.
 |
| **A. Communicating** |
|  |
| **B.  Collaborating** | * I can work with others to achieve a goal.
* I can take on roles and responsibilities in a group; I do my share.
* I can recognize different points of view and can disagree respectfully.
* I can apply constructive strategies to navigate misunderstandings and conflicts.
* I can encourage others to share their voices and value diverse perspectives.
 |
| **2. *Personal/Social*** | * I can understand that my identity is made of many interconnected elements.
* I can understand that learning is continuous and my identity will continue to evolve.
* I can identify and describe my qualities.
* I can identify my strengths and identify my potential.
* I can tell what is important to me and I can explain my values.
* I can understand how my values shape my choices.
 |
| **A. Positive Personal and Cultural Identity** |
| **B.  Personal Awareness and Responsibility** | * I can show a sense of accomplishment and joy. I take pride in my work and

 myself.* I can advocate for myself.
* I can imagine and work towards change in myself and in the world.
* I can work to inform myself about issues surrounding me.
* I can recognize my emotions and use strategies to manage them.
* I can persevere with challenging tasks and take ownership of my goals, learning and behavior.
* I can participate in activities that support my well-being and take responsibility for my well-being.
* I can make choices that keep me safe in my community and online.
* I can use strategies to help me find peace and I sustain a healthy and balanced

 lifestyle. |
| **C. Social Awareness and Responsibility** | * I can find it easy to be part of a group.
* I can be kind to others, and support others when they need it.
* I can participate in classroom or group activities that improve the class, school, or

 community.* I can identify how my actions affect the community or environment and I can make

 positive change.* I can appreciate diverse perspectives on issues and can resolve problems

 respectfully and effectively.* I can demonstrate respectful, inclusive behaviour.
* I can explain when something is unfair and advocate for others.
* I can take action to support diversity and defend human rights.
 |
| **3. *Thinking*** | * I can form new ideas to create new things. I can also build on the ideas of others.
* I can get ideas when I use my five senses to explore or when I pursue my interests.
* I can deliberately learn about things that interest me, and new ideas pop into my head.
* I can develop a body of creative work over time.
* I can persevere over time to develop my ideas, and I expect setbacks and failure,

 but use that to develop my ideas. |
| **A. Creative Thinking** |
| **B. Critical & Reflective Thinking** | * I can analyze evidence to make judgements.
* I can reflect on my thinking.
* I can analyze my own beliefs and consider views that do not fit with them.
* I can ask open-ended questions to gather information.
* I consider more than one way to proceed in an investigation.
* I can tell the difference between facts and opinions.
* I can give, receive and act on feedback to progress in my goals.
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