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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:   |  |  |  | | --- | --- | --- | | ***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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